

*Sponsored by the Metropolitan Community Church (MCC) of Richmond*

# *Ending The Stigma: A Mental Health Discussion and Support Group*

**WHEN:** The Second and Fourth Thursdays of every month, 6:30 to 8:00 pm

**WHERE:** The MCC Richmond Community Center  
2503 Park Avenue, Richmond, VA 23220

Our goal is to eliminate, through education and open sharing, the stigma surrounding mental illnesses and the people who are directly or indirectly affected by them.

Open discussions will include a variety of topics. Share as much or as little as you wish.

We adhere to strict confidentiality: what is said in the group stays within the group.

*For additional information, please visit our web site:*

<https://www.mccrichmond.org/ending-mental-health-stigma>

**\*\*Please be aware that we do not serve as clinical group therapy\*\***

**Group Facilitator:**

Calvin Wills      [darnellew@gmail.com](mailto:darnellew@gmail.com)      703-656-6642

**Co-Facilitator:**

Loretta Mountcastle      [rollinroletta@aol.com](mailto:rollinroletta@aol.com)      804-291-8676

**Note:** If you need assistance with accessibility to the building, please call or e-mail Calvin or Loretta so that we can direct you to the appropriate entrance.