



Peer to Peer Support Groups

Community Rehabilitation and Treatment (CRT)

316 Dewey Street, Bennington, VT 05201

All groups meet in the 1st floor kitchen.

The Talk Group

Socialize and enjoy some coffee. This group is for peers by peers.

Mondays from 10am to 12pm

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Peer Support

Open to all. Connection, conversation, mutual problem solving, crafts and artwork.

Mondays from 12pm to 1pm

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National Alliance on Mental Illness (NAMI) Support Group

Support group. Open to those facing mental health issues and veterans.

Tuesdays from 12pm to 1:30pm

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Hot Topix

This is a mental health education group. All topics are chosen a week ahead of time by group members.

Bring your questions or learn about other's concerns.

Tuesdays from 1:30pm to 2:30pm

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Peer Support

Open to all. Connection, conversation, mutual problem solving, crafts and artwork.

Wednesdays from 12pm to 1pm

CRT Outpatient Kitchen

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Sunshine Social Club

Open to all. Lunch, games with prizes, fun, connection, conversation and friendship.

Fridays from 12pm to 2pm

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United Counseling Service

PO Box 588 | Bennington, VT 05201

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