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  
CRT  
316 Dewey Street, Bennington, VT 05201

Peer Support
Open to all. Connection, conversation, mutual problem solving, crafts and artwork.  
Mondays from 12pm to 1pm  
CRT  
316 Dewey St., Bennington VT 05201

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  
CRT  
316 Dewey St., Bennington, VT 05201

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  
CRT 316 Dewey St., Bennington, VT 05201

Peer Support
Open to all. Connection, conversation, mutual problem solving, crafts and artwork.  
Wednesdays from 12pm to 1pm  
CRT Outpatient Kitchen  
316 Dewey St., Bennington, VT 05201

Sunshine Social Club
Open to all. Lunch, games with prizes, fun, connection, conversation and friendship.  
Fridays from 12pm to 2pm  
316 Dewey St. Bennington, VT 05201