



**CARE** (Consumers **A**dvocating **R**ecovery through **E**mpowerment)

## **Electroconvulsive Therapy (ECT) Support Group**

*A new mental health consumer support group for those who have had, or may be beginning or considering, **Electroconvulsive Therapy***

**When:** every **second** and **fourth** Tuesday  
5:30pm to 7:00pm

**Where:** NAMI San Diego  
4480 30th Street  
San Diego, California 92116

- Come to a place where you can talk openly about what it's like and what issues you've had to face, including side effects and stigma.
- There are no lectures, no doctors, no family members, just peers supporting one another with understanding and empathy.
- Come to a safe, open, non-judgmental environment.