



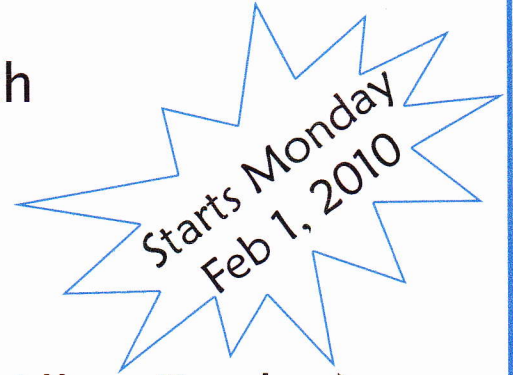
## NAMI San Diego Electroconvulsive Therapy (ECT) Support Group

Every First Monday of the Month

5:00 pm to 6:30 pm

Sharp Mesa Vista Hospital  
Education Building (in the Don Allen Garden)  
7850 Vista Hill Ave  
San Diego CA 92123

(Please check in at the main hospital front lobby)



- The **ECT Support Group** is a new topic-based support group open to people who have had ECT or are considering it.
- 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 will be no lectures, Doctors, or Family Members, just peers supporting each other with understanding and empathy.
- Come to a safe, open, non-judgmental environment.

\*\*\*\*\*Come see that you are not alone in your experiences!\*\*\*\*\*

Questions? Call Eric: (619) 203-2438 or Kelly: (619) 894-2367