

## **FOR IMMEDIATE RELEASE**

### **NEW Social Group Offered by the Family Support Program of Mental Health Association in Orange County, Inc. (MHA)**

Family Support, a program of Mental Health Association in Orange County, Inc. (MHA) is proud to announce a new social group for families and their adult loved ones experiencing mental and/or emotional disabilities. The newly created group is an extension to the monthly Family and Friends Together Support Group for families of adults with severe and persistent mental illness (this group meets the third Thursday of every month). This social group is intended for people to relax, meet and make new friends while enjoying each other's company. Each group will have a specific agreed upon topic of interest. The first one was held on March 30, 2016 and was on music which was a great success. In attendance were talented musicians who "jammed" with other individuals with similar interest in playing and/or listening to music. A lively discussion was led by Ray Rodriguez, Regional Director of Peer Support from Independent Living, regarding his former career in music and the viewing of a video of him performing at the Apollo Theatre which can be viewed on YouTube. Traditionally, music is a great way to bond, a mood changer and very uplifting. The newly created group is scheduled to meet on the last Wednesday of the month from 6:30pm to 8:30pm at 73 James P. Kelly Way, Middletown, NY 10940. The next group is scheduled for April 27 at 6:30pm. People are encouraged to bring their own instruments, or favorite music to share. For additional information on the new group and/or all Adult Family Support services please contact Peggy Spagnola at 845-342-2400, ext. 238 or check out our website at [www.mhaorangeny.com](http://www.mhaorangeny.com). We hope you can join us on April 27 for a dynamic music exchange and fun!!! Light refreshments and snacks will be served.