



FREE FND ONLINE SUPPORT GROUP

Call Us
Living
with FND?
You're not
alone



FND
WHAT NOW

OUR PROCESS

- ✓ Adults, aged 18yrs+
- ✓ MS Teams video call screen for all new members
- ✓ Complete a membership intake form
- ✓ Receive our link upon confirmation

WOMEN'S GROUP

Tuesdays, weekly @ 7pm SAST

MEN'S HUB

Every 1st Thursday @ 7pm SAST

Join our supportive community where we come together to understand, share, and grow.

Unique theme-based meetings offer a fresh perspective on living with FND.

We support each other through reflection and discovery, as we experience our individual healing journeys.

We operate under
SADAG.



@fndwhatnow



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