



**FND**  
WHAT NOW

Registration No: 2024/319828/08

# FREE FND ONLINE SUPPORT GROUP

**Call Us**  
**Living**  
**with FND?**  
**You're**  
**not alone.**

## OUR PROCESS

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

### MAIN GROUP (Mostly Women)

✓ Tuesdays, weekly @ 7pm SAST

### MEN'S GROUP

✓ Every 1<sup>st</sup> 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 the **SADAG** umbrella.