

# Community Involvement

Creating and strengthening communities is at the heart of everything we do. Living is a collaborative effort, and interpersonal connection is key in building and maintaining a healthy mental environment. We currently (as of July 2023) facilitate one community group in [Blacksburg, VA](#). However, if you're looking to form your own group, either on your own or with our help, then you're in the right place. If you're looking to join something that's already established, we also compile lists of preexisting community groups (clubs, coalitions, etc.) for cities and towns across the globe.

More coming soon...

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Revision #4

Created 6 June 2023 19:38:04 by Connor

Updated 14 July 2024 22:46:02 by Connor