Here's the link to the Facebook group Help! My Mind.

https://www.facebook.com/groups/894614191533327

You have arrived at this document through my website janettebishop.com

If you don't want to click on this link to join, google search https://www.facebook.com/janette.bishop.940 and you will find the group link on my profile page.

I will approve your request to join, as soon as I can.

Janette

