



FREE IN-PERSON SUPPORT GROUP FOR
CONNECTION WITH OTHERS, TO BE SEEN AND
HEARD DURING THIS TIME OF ISOLATION.

New challenges

**A SUPPORT GROUP THAT COVERS TOPICS SUCH AS
TRAUMA, DEPRESSION, ANXIETY and RESILIENCY.
*NOTE: SESSION IS FOR COMMUNITY MEMBERS ONLY***

Wednesdays • 2:30 PM to 4:00 PM
Led by licensed mental health clinicians
For Questions Call (323) 568-8732