COPING TOOLBOX GROUP

SUPPORT FOR LIFE STRESSORS

A NEW SUPPORT GROUP!

Come learn how to deal with life stressors using new skills. Group members can be male or female with a history of depression, PTSD, anxiety, codependency, anger issues, or bi-polar. The group will focus on assessing current skills, while building a toolbox of new skills that all group members can use.

All members will be actively involved in learning process!

- There will be a total of 6-8 group members
- This group is appropriate for adults only ages 20+

STARTS:
September 13, 2017

ENDS:
December 20, 2017

TIME:
9–10 am

LOCATION:
Generations Family Health Center
40 Mansfield Avenue • Willimantic

TO REGISTER OR FOR QUESTIONS,
CALL KERRI AT 860-450-0585

GENERATIONS
FAMILY HEALTH CENTER

WILLIMANTIC. NORWICH. DANIELSON. PUTNAM
ACROSS THE SMILES: (MOBILE DENTAL PROGRAM)

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