



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\***

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