

MENTALLY FIT GROUP

Ever find yourself thinking, “*is this how it’s always going to be? Will my life eventually get any easier? Does anyone truly listen or understand me when I talk? There has to be more than this! I just need to figure it out...*”, or anything along these lines???

If so, know you are not the only one!. Asking yourself, or someone else these questions is completely natural--even though it does NOT feel natural!

Ask yourself this next, “*is it possible I could learn something that might lead to the change I want or need, but I might have to consider a new way to go about it?*”

If you’re interested in learning more, please join this group. It will cover a different topic each week that will allow you to join the group when your schedule allows; so know you can drop on in-anytime!

This group provides education & support about topics related to, but NOT limited to: relationships, mental health, substance abuse, coping with stress, establishing boundaries, communication, grief & loss, change & much more!



USVETSOUTSIDETHEWIRE.ORG

WHEN

EVERY
Wednesday

12:30 -1:30pm

WHERE

Zoom Meeting

Meeting ID:
989 4778 9917

PASSCODE:
319086

CASE
MANAGEMENT

OR

COUNSELING
SERVICES

Please Call
(888) 556-9993