

You Matter.

WE'RE HERE TO SUPPORT YOU.



Join our Concurrent Disorders Group – a safe, supportive space to *connect, share,* and *grow* together.



EVERY OTHER FRIDAY
10:00 AM / 11:00 AM

UPCOMING DATES:

≡ **JUNE 5 & JUNE 19** ≡

THIS GROUP CAN HELP YOU:



Understand the connection between mental health and substance use



Share experiences in a respectful, non-judgmental environment



Learn coping strategies and build resilience



Build hope, confidence, and a healthier future

Healing happens together.

Let's support each other on the path to wellness.

You are not alone. There is hope. ♥



All are welcome. Take the first step toward positive change.

For more information, please speak with *Casey*, Club Coordinator.

Safe. Supportive. Confidential.



♥ ≡ *We look forward to seeing you!* ≡