

Aftercare Group

Outpatient Behavioral Health Services

1100 West Stewart Drive
Orange, California 92868
714.771.8243 Direct

www.sjo.org/Clinical_Services

This ongoing support group is for adults following hospitalization in St. Joseph Behavioral Health. Meet with others who are adjusting to life with a diagnosis and explore new coping strategies for your current life transitions. This group is facilitated by a licensed social worker.

Group topics are designed to meet the present needs of group members:

- Self Esteem
- Public Perceptions of Mental Illness
- Relationships
- Anxiety
- Career Issues
- Taking Time Out to Heal
- Depression and Bipolar Management
- Grief
- Finding Value, Meaning and Purpose
- Coping with Toxic People
- Personal Growth
- Finding and Maintaining Life Balance
- Codependency
- Self-Care
- Creating a Web of Support
- Communication...and More!

WHEN: Tuesdays, 10:30-12 NOON

Group meetings are year-round (**Holidays excluded**)

WHERE: St. Joseph Hospital Outpatient Behavioral Health Services

Sister Elizabeth Building

2nd Floor, Conference Room 3/5

COST: \$10 per session (cash or check only)

NO ADVANCED REGISTRATION IS REQUIRED

For more information, call Mary Wyman at 714. 771. 8248.