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.