



Aftercare Group

This ongoing support group is for adults following hospitalization in St. Joseph Hospital's Behavioral Health program. Patients meet with others who are adjusting to life with a diagnosis and explore new coping strategies for 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!

No advanced registration is required. For more information, call 714-771-8248

Days and Times

Tuesdays
10:30 a.m. - noon

Thursdays (free)
10:30 a.m. - noon

Fridays (free writing group)
10:30 a.m. - noon

Group meetings are year-round (holidays excluded)

Location

St. Joseph Hospital
Outpatient Behavioral Health
Services

Sister Elizabeth Building
2nd Floor, Conference Room

Room 3/5 (Tuesdays only)
Room 1232 (Thursdays and
Fridays only)

Cost

\$10 per session (cash or
check only)

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