

FINDING HOPE AGAIN

"In all things it is better to HOPE than to despair"
-Von Goethe

Wednesdays 3:00pm-4:30pm

Starting December 8th, 2021

A confidential weekly Mental Health Psycho-educational group for adults.

This group will address various topics including:

Grief - Depression - Anxiety - Trauma

Group Focus will be on helping members:

Understand and build skills to manage the effects of trauma, while connecting with other survivors to go from suffering to thriving.

Group Sessions will help members:

1. To gain knowledge about symptoms and coping.
2. To learn new ways to view problems and issues.
3. To give and get support from peers.
4. To laugh and have fun in life.

Meeting Location 557 Hammond Street, Bangor

In Person or Virtual

For more information please call (207) 973-0505
