

# MOOD & ANXIETY SUPPORT GROUP

*Bi-Monthly  
1st & 3rd Wednesdays*

Join us for this bi-monthly support group, facilitated by a MHA clinician. Meet & chat with peers to discuss the challenges of coping with Mood, Anxiety, and other similar issues. Learn coping skills and stress-reducing techniques. Attend in-person or Zoom from home so you can speak with others who may be struggling in the same way.

Wednesday

12:00-1:00p OR 4:00-5:00p

- January 3, 2024
- January 17, 2024

- February 7, 2024
- February 21, 2024

- March 6, 2024
- March 20, 2024

## In-Person

Walk-In & Counseling Center  
820 37th Pl. Vero Beach



## Zoom

Call our office for Zoom link.  
772.569.9788



**FREE**



[www.mhairc.org](http://www.mhairc.org)