

Mood & Anxiety Support Group

1st & 3rd Wednesday

Join us for this bimonthly 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.

Wednesdays from 12:00 - 1:00pm or 4:00 - 5:00pm

- Dec 20, 2023
- Jan 3, 2024
- Jan 17, 2024
- Jan 31, 2024
- Feb 14, 2024
- Feb 28, 2024
- March 13, 2024
- March 27, 2024
- April 10, 2024
- April 24, 2024

In-Person

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



Zoom

**Call our office for the Zoom link.
772.569.9788**



FREE



www.mhairc.or