

# 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.

**Wednesday  
12:00-1:00p**

- April 3, 2024
- April 17, 2024
- May 1, 2024
- May 15, 2024
- June 5, 2024
- June 19, 2024
- July 3, 2024
- July 17, 2024
- August 7, 2024
- August 21, 2024
- September 4, 2024
- September 18, 2024
- October 2, 2024
- October 16, 2024
- November 6, 2024
- November 20, 2024
- December 4, 2024
- December 18, 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)

