

MENDING MINDSETS



ANXIETY AND DEPRESSION GROUP

EVERY THURSDAY
ON ZOOM
11AM-12PM
MARCH 13TH-APRIL 10TH

JOIN ERICK FOR A 5 WEEK
SUPPORT GROUP FOR
ANXIETY AND
DEPRESSION

TO REGISTER, PLEASE CONTACT ERICK DREHER, LMSW
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SILO
Self-Initiated Living Options, Inc.
education - advocacy - empowerment