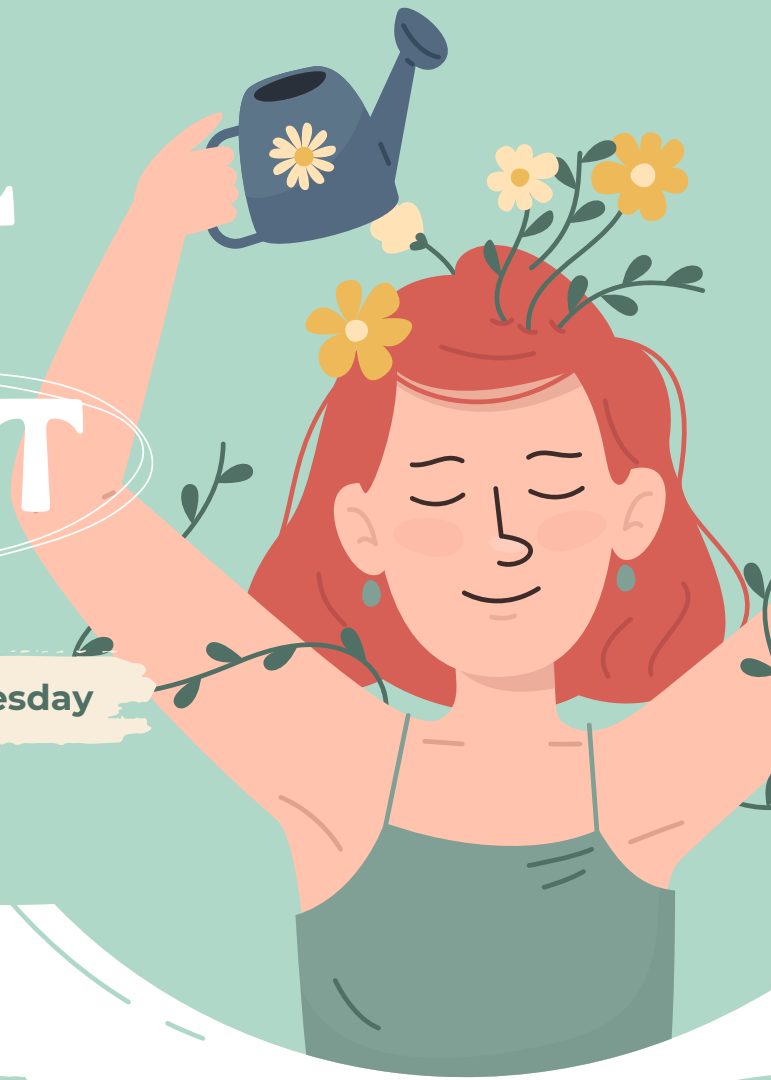


MENTAL HEALTH SUPPORT GROUP

5:00PM-6:30PM Virtually every Wednesday



Learn How to:

- ✓ Have healthy coping strategies for managing stress and anxiety
- ✓ Build self-esteem and self-confidence
- ✓ Address stigma and discrimination surrounding mental illness
- ✓ And much more!!

To Register:

amal@pchs4u.com
or
deepinder@pchs4u.com

