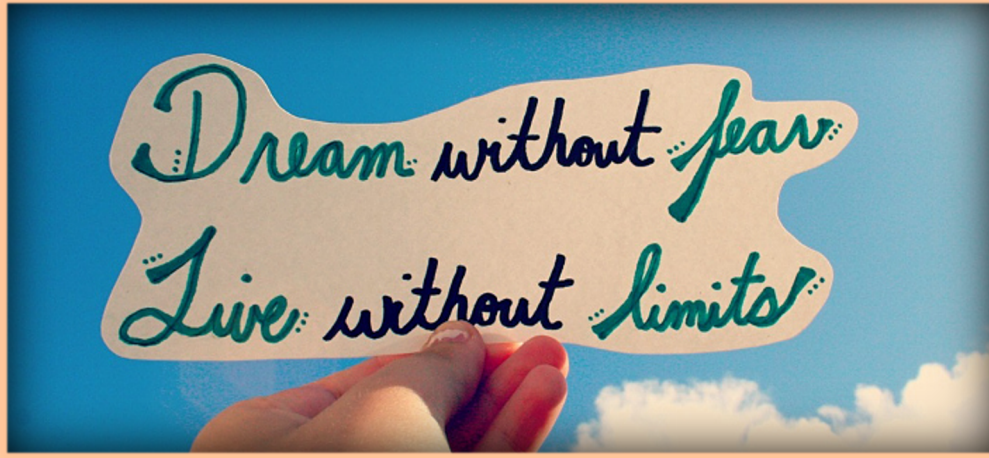


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## *Live Without Limits Virtual Group*

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A Seeking Safety oriented group

To support those facing triggers to trauma, substance use, or  
challenging day-to-day living skills

Provide positive reinforcement to people

Teach healthy coping skills to improve resiliency

Time/Date: Mondays at 1:00 PM to 2:30 PM

Duration: 10 weeks (starting June 1)

Contact Gabriella at (805) 540-9434

You can become a member of the RLC by filling out  
a referral form, which can be found at

[www.t-mha.org](http://www.t-mha.org)

