

Paso Robles Support Group

Topics Covered:

Coping Skills
Dealing with Triggers
Living w/ Depression
Conquering Anxiety
Self-Empowerment
Mindfulness in Recovery
Managing Moods
General Mental Health
Many more....



WELLNESS • RECOVERY • RESILIENCE

Living Mentally Well

Support Group

Meets Weekly

Mondays

3:00-4:00pm

Location:

935 Riverside Ave Unit 6

Paso Robles, Ca.

Contact:

Phone: 805-503-0350

Email:

mmadsen@t-mha.org

