

# 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....



## Living Mentally Well

### Support Group

## Meets Weekly

Mondays

3:00-4:00pm

Location:

935 Riverside Ave Unit 6

Paso Robles, Ca.

### Contact:

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Facilitated by TMHA