

Coping with Depression and Anxiety

Are you looking for a safe, accepting space to share your experience?

- Surround yourself with other supportive people in a confidential environment!
- Learn and practice coping tools

Time

Sundays, 12–1pm

Location

In Person at 203 Bridge St,
Arroyo Grande

Questions or new to Safe Haven?

Contact us for more info at 805–489–9659



WELLNESS • RECOVERY • RESILIENCE