



Chronic Pain & Mental Health

VIRTUAL GROUP

If you live with chronic pain, join us for a supportive hour to explore as a group how to understand chronic pain's impact on our mental health and manage pain in healthy ways.

WHERE

To join our Zoom please call Safe Haven at 805-489-9659 to become a Member of our Community.

WHEN

Fridays
10-11 AM

*Interested in joining this group but not a TMHA Wellness Center member?
Please contact the Safe Haven at (805) 489-9659 for more information
on how to join.*

