



HEALING DEPENDENCY

A supportive group focused on helping members **identify patterns of dependence and build the skills needed for healthy independence.**

Through **guided discussion** and **practical tools**, participants learn to **strengthen self-reliance, confidence, and personal choice** in their lives.

WHERE

Hybrid Group
Virtual & In-Person

WHEN

Tuesdays
1:30 PM–2:30 PM

Contact for more info on joining!
(805)-305-3724 or email mlittlefield@t-mha.org

