



# Thriving With Anxiety & Depression

*Thriving with Anxiety & Depression* offers individuals a safe space to share experiences with anxiety and depression while receiving support from peers. We focus on building community through positive social relating, education and conversation.

Fridays

1:00-2:00pm

SAFE HAVEN

IN-PERSON OR ZOOM

**Interested and want to know more?**

Contact Safe Haven 805-305-3724 or [mlittlefield@t-mha.org](mailto:mlittlefield@t-mha.org)

