



Women's Mental Health Support Groups

*"She was powerful not because she wasn't scared but
because she went on so strongly despite the fear"*

—Atticus

Join us for one of our weekly vWomen's Mental Health Support Groups
hosted by the Wellness Centers of Transitions-Mental Health Association.

LIFE HOUSE (IN PERSON)
TUESDAYS 12:30-1:30PM
(805) 464-0512
sgairan@t-mha.org

SAFE HAVEN (VIRTUAL)
MONDAYS 11-12PM
(805) 489-9659
hlawson@t-mha.org

HOPE HOUE (VIRTUAL)
MONDAYS 12:30-1:30PM
(805) 541-6813
mmadgett@t-mha.org

