



Coping with Depression

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

All groups are facilitated by local MFT–T’s

WEDNESDAYS

1–2 pm

SAFE HAVEN

203 BRIDGE STREET

Arroyo Grande

(805) 489-9659

Interested in becoming a Safe Haven member? Call and set up a time to tour and meet everyone!



WELLNESS • RECOVERY • RESILIENCE