# Hope for Depression/Anxiety
## Support Group

We welcome all with depression and/or anxiety and your loved ones to this group. Our group will give you the opportunity to share concerns, frustrations, and/or questions. However, we are not a therapy group and will not interfere with professional therapy or with other medical treatment. But hope can be found in each other as we take this journey together.

Beginning September 6, 2017, every Wednesday evening from 7pm to 8 pm at Crossroads Church 26090 Ynez Road Suite A, Temecula, CA 92591.

**For more information**
**email: mcsalunga@gmail.com**
**call: 951-695-1123**

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