



LIVINGSTON COUNTY
**CATHOLIC
CHARITIES**
HELPING LIVES GROW

GROUP THERAPY AND PSYCHOEDUCATION

**1ST AND 3RD THURSDAY
EVERY MONTH
10:00AM-11:30AM**

ABOUT

Join us in our mental health education groups to help you build skills for ongoing recovery through your mental health journey. We look forward to helping your continuous success!

TOPICS

- October: Your Brain and Mental Health
- November: Anger
- December: Grief and Loss
- January: Sleep and Meditation
- February: Social Support and Habit Stacking



CONTACT US

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