

ONGOING IN-PERSON SERIES

STRONGER TOGETHER

MEN'S GROUP

Through connectedness, awareness, and shared strength, we help one another to enrich our lives, health, and relationships.

EVERY TUESDAY 5-6PM
STARTING FEB. 21ST

CLASSES HELD AT
LEGACY MEETING ROOM
1950 PARALLEL DRIVE, LAKEPORT

OPEN DISCUSSION/ TOPICS COVERED

- Communication in Relationships
- Managing Difficult Emotions
- Non-Chemical Addictions
- Understanding Co-Dependency
- Making Changes
- Learning to Ask for Help
- Setting and Pursuing Goals

SNACKS PROVIDED



PRIOR REGISTRATION REQUIRED

Available to Native LCTHC registered patients.

Facilitated by:

Michael Bennett, THV Family Advocate

For more information or to pre-register, please contact:

GOUK-GUMU XOLPELEMA Tribal Home Visiting Program

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GIFT CARD
AVAILABLE FOR
COMPLETING
10 SESSIONS



Lake County Tribal Health

Modern Medicine  Personalized Care

707-263-8382
1-800-750-7181

1950 Parallel Dr., Lakeport
www.lcthc.org