



DEPRESSION AND ANXIETY support group

We'll talk about

- Changing our thoughts to change our feelings
- Helpful and unhelpful habits and patterns
- Developing and practicing coping skills
- Underlying beliefs and their impact
- Radical acceptance and mindfulness

This group is for all LCTHC patients experiencing depression or anxiety ages 18 and up.

INCLUSIVE OF PTSD AND BIPOLAR DISORDERS

For more information, contact:

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(707) 263-8382, or text (707) 533-5257

Every Friday

for 6 weeks

May 19–June 30

from 12:30–1:30pm

in the

Legacy Meeting Room

1950 Parallel Drive

Lakeport

(No group June 9th)



Lake County Tribal Health

Modern Medicine  Personalized Care

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

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