Coping Skills Group

This Group Will Teach:

• New ways to cope with stress
• How to deal with overwhelming or uncomfortable feelings
• Better communication skills and how to strengthen relationships
• Recognize strengths and increase self-confidence and hope

Schedule:

• **Starting:** October 9th, 2019 at 11:30 am
• **When:** Wednesdays, alternating times for 6 weeks
• **Where:** Elsie Allen Health Center
• **With:** Casandra Camacho, PhD

How to Join:

Call us at **707-583-8777** or just drop in the Else Allen Health Center for more information.

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