



Mental Health America of Greater Dallas Presents

Taking Care of You:

A support group for those of us experiencing feelings of hopelessness, fear, anger, depression or isolation. This group is designed to help members achieve a sense of wellness and peace through a series of peer led sessions designed to enhance everyday wellness skills.

Topics include: recovering from anger and fear, resiliency thinking, personal boundary building, finding community resources and safety concerns.

Wednesdays

2 – 4 pm

624 N. Good-Latimer

Third Floor Conference Room

Dallas, TX 75208

For more information please contact Ricardo Aguilar 214-871-2420 x 118 or e-mail

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