

Counseling Group Series

Join our support group for all medical respite patients

This is a safe place to talk about your experiences, get support, and learn simple ways to cope with stress and life changes.

Topics include:

- Understanding mental health and wellness.
- Gratitude and art therapy.
- Mindful movement.
- Ways to manage stress.
- Healthy sleep habits.
- End-of-group-series celebration.

For more information or if you have any questions, talk to Integrated Care Social Worker Carly Michelakis or any other staff member.

CENTRAL HEALTH