

# MENTAL HEALTH SUPPORT GROUPS



**FREE TO EVERYONE FEELING WORRIED, DOWN,  
STRESSED OUT, OR JUST NOT YOURSELF**

**Adult Support Group**

**Youth Support Group**

Ages 6 to 17 Years Old

**EVERY WEDNESDAY**

**5:30 - 6:30 p.m.**

Call to register for **FREE**  
individual or group sessions.  
(810) 496-5035

