

Mind Over Mood Group

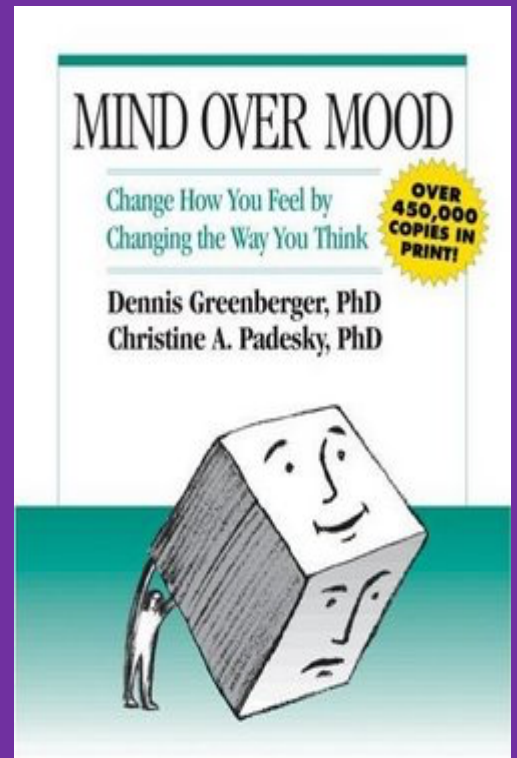
Holiday Season Support Group

Thursdays: 2:00 p.m. - 4:00 p.m.

Group Meets for 12 Weeks

Starting: November 4, 2021

**For more Information and to register:
760-323-2118, ext. 567**



'Mind Over Mood' is a structured support group to help individuals change negative thinking patterns that can often lead to challenges such as anxiety, depression, guilt, shame, substance misuse, and relationship problems.

Each week group participants will:

- Learn to challenge negative thought patterns.
- Connect thoughts, feelings and behaviors.
- Discuss and complete homework assignments.
- Practice new skills and share progress.
- Learn how to improve your *Mind Over Mood*

NOTE: This group will be facilitated by a Marriage and Family Therapy (MFT) Trainee under the supervision of a licensed psychologist.

FREE & OPEN TO THE COMMUNITY