

ANXIETY AND DEPRESSION HEALING SUPPORT GROUP

Participants are welcome to share difficulties, feelings, and successes • Mindfulness based • You are not alone • Talk to someone who understands • Learn self care techniques

- Available to adults **18** and over
- **\$40** per session | Most insurances accepted
- Space limited to **10** people
- Registration required
- Held at 1118 Campus Drive West, Morganville, NJ 07751-1261
Main: 732.817.0103