

ccmonroe.org

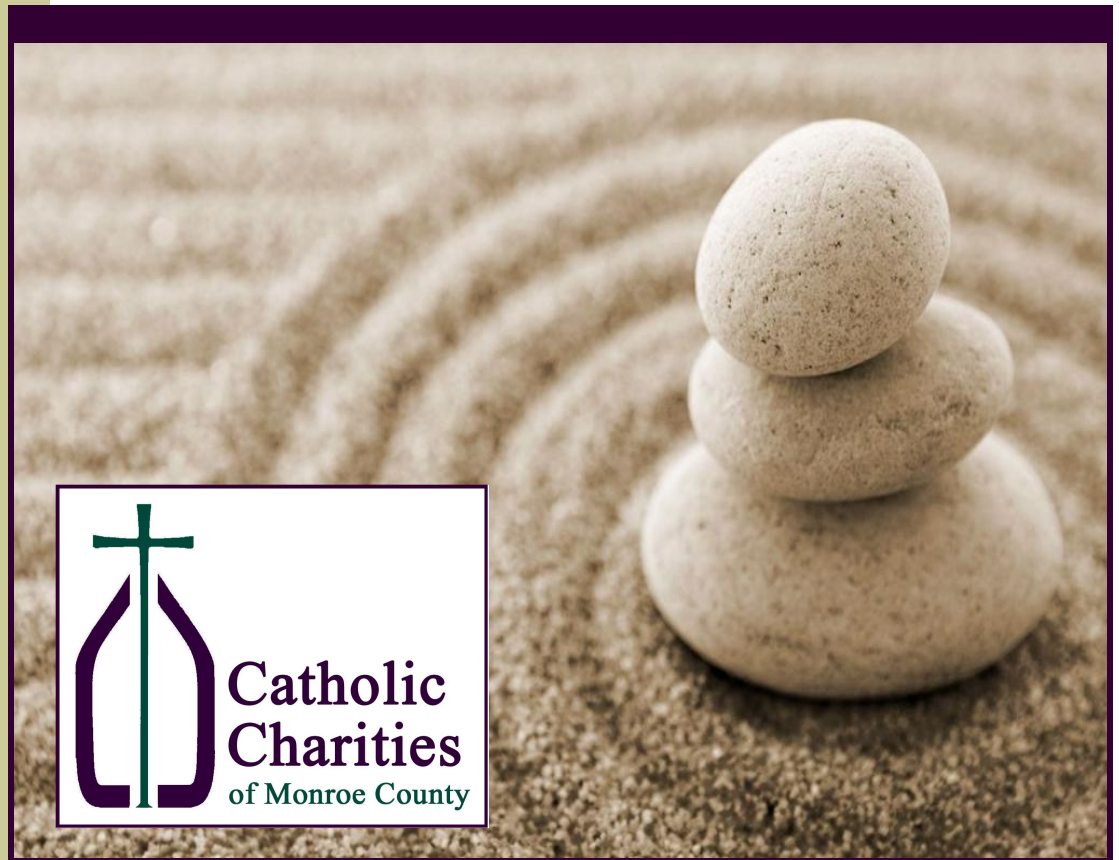
Support Group for persons with substance use and one or more of the following:

- Mental Health Concerns:
Anxiety
Depression
Bi Polar
AD/HD
- Chronic Pain
- Past Trauma or Abuse
- Other Health Problems

living



balance



SOME GROUP HIGHLIGHTS

Relaxation/ Self Soothing Strategies

Skills to manage stress or pain

Support from group members

Certificate of Completion

Mondays: 10:00 am—11:00 am

Located at

47 S. Monroe St

Monroe Mi 48161

Call 734-240-3850 to schedule or talk to your therapist.