

Conversations on Mental Health

MENTAL HEALTH AND DISABILITY SUPPORT GROUP

Facilitated by Marie Haroutinian, LPCC, CRC

Virtual Reality

August 26

Outside of These Walls

September 2

My Bed as My New Classroom

September 7

Saying No and Setting Boundaries

September 16

Self-Care

September 23

All Alone

September 30

Anxiety

October 7

Depression

October 14

What to do when you "Just Can't Even"

October 21

Reaching Out

October 28

Anxiety

November 4

Navigating the Holiday Season

November 18

WEDNESDAYS AT 1:00 P.M.

Zoom Link: bit.ly/conversationsfall20