

- **Are you struggling with managing mental and physical health needs?**
- **Do you feel like no one understands how difficult things can be?**



# Women's Wellness Group

**Group meets Fridays  
11:00 am – 12:00 pm  
Starting March 16, 2012**

**Adult Psychiatric Clinic  
400 Columbus Ave, New Haven**

**Call 203-503-3075**

## **This gender-specific support group will focus on:**

- ✓ Managing issues that impact mental health needs
- ✓ Addressing the mind/body connection
- ✓ Learning healthy coping skills
- ✓ Sharing experiences among women and finding support and inspiration from others



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