

**The Health and Hope Clinic
will now be offering group therapy sessions
'Mind Matters'**

These sessions will take place every Wednesday starting April 13th and will be held in our lobby at 3:30 PM. A sign-up sheet will be kept at the front desk. We will be promoting our patients to sign-up but walk-ins will be allowed. We will be discussing the topics of anxiety and depression as these affect a majority of our patients. If you have any questions, please reach out to any of the clinic's staff members. The flyer is attached below, and hanging in our lobby.



Mind Matters

Now offering group therapy

Every Wednesday starting April

13th at 3:30 PM

This group will cover the
topics of anxiety and
depression

Please let a front desk
volunteer know if you are
interested

**Walk-ins welcomed, sign-ups
preferred**



Group presented by The Healing Impact