



# ADULT SUPPORT GROUPS

## **Depression Group**

This support group will provide an opportunity to connect with other people who also struggle with depression. Join us and learn how to understand your emotion and thought pattern, manage mood and stress, and build your coping skills toolkit.

Monday 4:30pm-5:30pm

## **Anxiety Group**

Experiencing irrational or uncontrollable worries? Join us and learn coping skills to help manage and reduce daily stress and symptoms, practice physical, mental, and creative techniques for lowering anxiety in the moment.

Wednesday 4:30pm-5:30pm

## **Grief Support Group**

When grieving the loss of someone you loved, it's as if a deep hole implodes inside of you. This group offers a safe, supportive environment for sharing grief, learning from others who have experienced a loss, and gaining knowledge and insight of useful coping skills to help you begin to heal.

Wednesday 6pm-7pm

## **Koffee with Kristi (stress/anxiety management)**

Join Kristi Kincheloe, PSYCH PA-C and as she hosts an interesting conversation with special guests to share their unique ideas for managing stress. Everyone welcome!

Wednesday 9:30am - 10:15am

## **Addiction Recovery Support Group**

Have you already started your journey to sobriety? Are you wanting to start? Need help sustaining your sobriety? Are you looking for a group that is non-judgemental? Come join us!

Tuesday 5pm-6pm.

**More Information Please Contact:**  
**[pbpsychadmin@ttuhsc.edu](mailto:pbpsychadmin@ttuhsc.edu)**