

YOU'RE INVITED

Free Support Groups

Depression and Anxiety Group

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

Adults Every Wednesday 4:30pm-5:30pm (virtual zoom meeting or in person)

Adolescent Every Wednesday 6pm-7pm (virtual zoom meeting or in person)

Grief Support Group - Adults

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.

Every Monday 4:30pm-5:30pm (virtual zoom meeting or in person)

Anger Management Group - Adults

Are you Struggling with anger issues? Do you want to learn how to control your temper? Join this anger group to understand why we experience anger, and what we can do when we feel angry. Gaining knowledge about anger and getting support from people who have similar experience.

Every Monday 6pm-7pm (virtual zoom meeting or in person)

Moms Matters: Postpartum Support Group

Are you a new mom? Are you looking for a safe place to share your experiences, learn from others and feel supported through your motherhood journey? Come join a group where you can lean on others as you navigate this life change.

Every Thursday 6pm-7pm (Virtual Zoom Meeting)

Chronic Illness Support Group

Have you been diagnosed or suffer from a chronic illness like Lupus, Arthritis, Fibromyalgia, Crohns Disease? Are you looking for a safe place to share experiences, learn from each other and grow your support system? Come join a support group where you can lean on each other for support.

Every Thursday 6pm-7pm (in person)

Parenting Class

No-Drama Discipline shows you how to work with your child's developing mind, peacefully resolve conflicts, and inspire happiness and strengthen resilience in everyone in the family.

Every Monday 6pm-7pm (Virtual Zoom Meeting)

Location:

2301 W Michigan Ave

Midland, TX 79701

Registration: Please call 432-620-1160 or email at pbpsychadmin@ttuhsc.edu to register.