

How do you feel today?



If you don't know how to answer this question, this group is for you.



If you do know how to answer this question, this group is also for you!

Journaling Group

This group helps you...

- Maintain your own self-care and general wellness
- Be able to track your feelings
- Be able to tell your doctor exactly how you are feeling during appointments
- Be able to identify when you need help before things spiral out of control
- Be your own BEST self-advocate

This is a free virtual group that meets on **Tuesdays at 4:00pm** via Microsoft Teams.

Anyone, age 15 and up, is welcome to join.

If you have any questions, you can reach Desiree McCoy, Recovery Resilience Liaison, at (707) 366-5569

Scan the QR code to join the group

