

MOOD MANAGEMENT SUPPORT GROUP

Gather with others to find support and learn to develop strength and strategies for coping while integrating change into your lives.

2nd and 4th Mondays @ 7:15 pm

Oceanside Lutheran Church Parish Hall

55 Fairview Avenue, Oceanside

Special Topics to be announced

CONFIDENTIAL

Donations accepted

Facilitated by Queens/Long Island Counseling Services of FRMH staff. For more information about our groups, services and various locations contact:

Queens/Long Island Counseling Services of FRMH

Telephone: 516-547-4318

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