



HOPE • RESILIENCE • RECOVERY

This processing group is for those who enjoy writing. Each week participants will be provided with a writing prompt along with CBT skills, leading to greater self expression and emotional wellbeing.

All levels welcome!



Where: Thrive Counseling Center

When: Tuesdays 11am-12:30pm

Starting June 21st, 2022

MEDICAID ACCEPTED
PRE SCREENING REQUIRED.
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