



# Fresh Start Mental Health Series

Get mental health support from ABHC in a safe, online class setting to kick-start the new year.

The need for mental health support is greater than ever and having access to care is vital to your well-being. Join ABHC psychologist Dr. Darla Capetillo for a special online four-part series to jump start 2021. Gain the tools to help you practice mindfulness, acceptance, breathing and other coping mechanisms for mental wellness. Topics that will be covered:

01/05/21   3 - 4 p.m.	Fight, Flight, Freeze
01/12/21   3 - 4 p.m.	Think About What You Think
01/19/21   3 - 4 p.m.	Strategy for Life Skills Management Part 1
01/26/21   3 - 4 p.m.	Strategy for Life Skills Management Part 2

**Who is this for:** Current ABHC patients/clients and non-patients/clients

**What is the cost:** Attend the entire series for \$175 or go to individual sessions for \$50/ea. Payment taken in advance. Once received, we will send you the Zoom link to participate.

**How many people can attend:** The maximum capacity is 24 attendees per session.

Get the mental health support you deserve from our Fresh Start Mental Health Series. Space is limited so sign up with a caring ABHC representative today.

**844-249-8471**