



Spring 2021 Mental Health Series

Get mental health support from ABHC in a safe, online class setting.

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 for the new season. Gain the tools to help you practice mindfulness, acceptance, breathing and other coping mechanisms for mental wellness. Topics that will be covered:

03/02/21 3:30 - 4:30 p.m.	Fight, Flight, Freeze
03/09/21 3:30 - 4:30 p.m.	Think About What You Think
03/16/21 3:30 - 4:30 p.m.	Strategy for Life Skills Management Part 1
03/23/21 3:30 - 4:30 p.m.	Strategy for Life Skills Management Part 2

Who is this for: Open to current ABHC patients/clients and to the public.

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 Spring 2021 Mental Health Series. Space is limited so sign up with a caring ABHC representative today.

844-249-8471