



The Training Institute is forming new low-fee support groups:

- Explore your unique needs and realize your potential
- Meet weekly with peers who share your concerns
- Work through issues that stop you from living the life you want

Support Group Issues Include:

Assertiveness and Self-Esteem

Anxiety and Depression

Caregiver Stress

Bereavement: Living with Loss/Change

Older Adult Issues

Take charge of your life. Join a support group.

Call 212-627-8181 for further information



Training Institute Consultation Center

22 West 21 St, 10th Floor, New York NY 10010-6904

212-627-8181 ▲ www.timh.org