

Mental Health Wellness

You are not alone.

Virtual Outpatient Coping Skills Therapy Group

Offered by the Brattleboro Retreat's Anna Marsh Clinic

Are you:

- Anxious? Worried about the future?
- Depressed? Feeling stuck?
- Feeling less in control of your life?
- Looking to take back control?
- In need of additional support?

Join Us

for a weekly Zoom group where you will meet others and learn to cope with mental health and everyday struggles.

Tuesdays via Zoom from
2:00 pm to 3:00 pm

For more information email:
nrusso@brattlebororetreat.org



**Brattleboro
Retreat**

Learn
coping
skills

Make
progress

Discover
yourself

Improve resilience