

**Mountain Health & Community Services
and Rachel Bader, PsyD are forming a
LIFE SKILLS SUPPORT GROUP**



Thursdays at 12:15

**Alpine Family
Medicine**

**1620 Alpine Blvd.
Alpine
Suite 109**

**Call Bonnie at
(619) 445-6200 x 151
to sign up or for
more information.**

Topics Include:

- **Sharing relevant information about mental disorders and important resources.**
- **Identifying stressful events and personal triggers**
- **Developing individual coping strategies**
- **Relaxation training**
- **Enhance social skills**
- **Assertiveness training**