



We get you.

Seasonal Blues Group

Starting to feel the holiday stress?
Join our Seasonal Blues group to connect with others,
while exploring ways to manage stress, keep
healthy routines, and cope with the unique
challenges this time of year brings.

The deets

When: Monthly on Thursdays 10/16, 11/13 & 12/11 @ 6-7pm

Ages: 18+

Who: Adults who want to build skills to combat seasonal blues

Structure: Open (come to any or all meetings)

Payment Options

Insurance & Self-Pay

Samantha Spencer
Licensed Professional Counselor

**Questions?
Want to Join?**

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