

# POSITIVE COPING SKILLS GROUP+

**When:** Tuesday from 11:00am – 12:00pm  
Wednesdays from 4:30p-5:30pm

**Zoom Meeting:**

<http://zoom.us/j/94085504109>

**Meeting ID:**

940 8550 4109

With topics such as:

- Healthy Boundaries
- Communication Skills
- Effective Time Management
- Relaxation Techniques

**Drop-in and join the conversation!**  
**No Registration Required**

To join or learn more, please contact us!



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