

TakeCare Support Group

For the family & loved ones
of those struggling
with mental health concerns

- WHEN:** 4th Tuesday of each month starting in June from 3:30-4:30pm
- WHERE:** Anderson Hospital, Classroom 3
- WHO:** Parents, spouses, siblings, grandparents, aunts, uncles (anyone)
- WHAT:** How to best support your loved one & care for yourself

For registration and inquiries :

Email: education@andersonhospital.org OR call 618.391.6702

Monthly Topic

June 27: Anxiety

July 25: Depression

August 22: Bipolar Disorder

September 26: ADHD

October 24: Stress Disorders

November 28 : Psychosis

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