

Lets Talk About It

SUPPORT GROUP FOR MEN AND WOMEN

*Virtual meetings starting on 8/7 every
Wednesday at 5:30 p.m. - 7 p.m.*

Depression & Anxiety
ADHD & OCD
Relationship Issues
Stress Reduction
Forgiveness & Self-Confidence
Grief & Acceptance
Anger Management

ANNAHAVEN BEHAVIORAL HEALTH SERVICES



*You have the Right to
be Happy!*

“Our goal is to help you uncover
your true potential and lead a life
that is worth celebrating.”

CALL OR TEXT NOW! 203-606-2071

Join Us!

**“...because you deserve the very
best.”**



Coping Strategies
Mindfulness & Consciousness
Overcoming Fears
Passion/Hobbies
Expressing Feelings
Bereavement

COUNSELINGWITHANNAMARTIN.COM

Individual counseling is also available.