

# MENTAL HEALTH SUPPORT GROUP



Led by Sheri Tiziani, MS, LCMHCS

Wednesdays 5:30 - 6:45pm

(adults 18+)

The Mental Health Support group is an opportunity for individuals to receive additional support on their mental health journey. This group allows participants to process generally and receive and provide support, as well as learn and review psychoeducational topics related to relapse prevention, self-awareness, Cognitive Behavioral Therapy and Dialectical Behavior Therapy, healthy relationships, life adjustments, parenting skills/support, stress management, mood disorders, anxiety, and self-esteem. Self-reflection is encouraged as a way to provide insight into patterns contributing to both mental health struggles and wellness.

**To inquire,  
please call HopeWay  
Psychiatry & Associates  
at 980-859-0990.**

Cost per session \$50

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Groups will be at  
1717 Sharon Road West,  
Charlotte, NC 28210

[hopeway.org/psychiatryassoc](http://hopeway.org/psychiatryassoc)