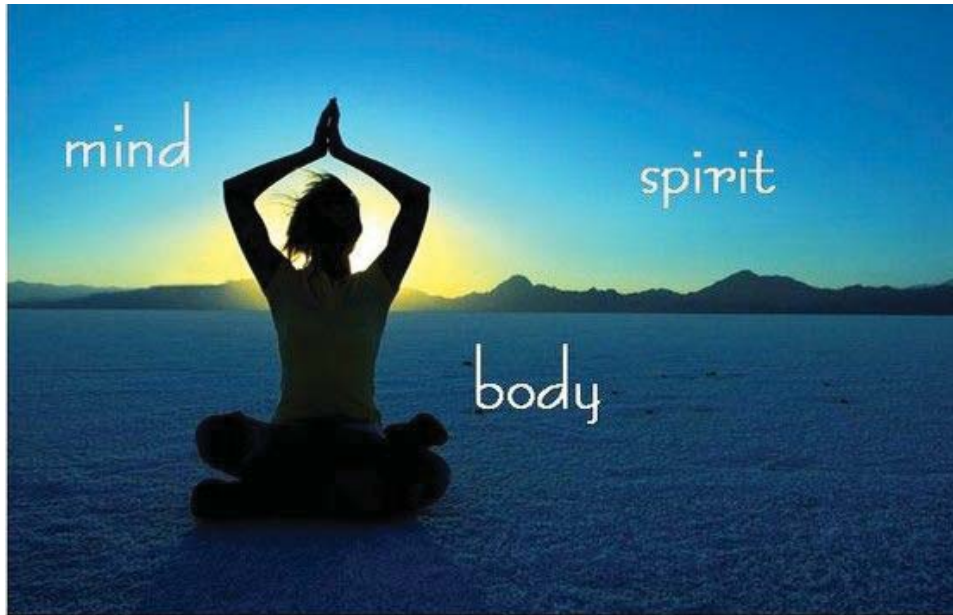


Emotional Wellness Support Group



This program is designed to help people suffering from a range of emotional problems to get well. It also involves being attentive to your thoughts, feelings, and behaviors, whether positive or negative. Our program implies the ability to be aware of and accept our feelings, rather than deny them, have an optimistic approach to life, and enjoy life despite its occasional disappointments.

Day & Time: Wednesdays @ 2 p.m

Location: Calvert Behavioral Health

280 Stafford Road

Barstow, MD 20610

For More Information Please Contact:

Megan Sarikaya, Certified Peer Recovery Specialist

megan.sarikaya@maryland.gov , 410-535-3079 Ext. 35