

# Me Time Mondays

## Adult Workshop

*Find your calm*  
*& build your resilience*

The Adult Coping Skills Group, brought to you by Hoag Mental Health Center is a FREE co-ed group. Group will meet weekly in person to discuss the following topics:

- Effectively managing stress
- Coping with various emotions
- Enhancing communication skills
- Strengthening your mindfulness practice

**Mondays 5:00 p.m. – 6:30 p.m.**  
**Starting January 22, 2024, for 8 Sessions.**  
**Space is limited. Registration is required.**  
**Workshop will be facilitated in English.**

Please register before the start of the group.  
Call: (949)764-6542

Hoag Mental Health Center  
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