Are you experiencing the following?

- Difficulty identifying and minimizing triggers
- Lack of effective relapse prevention plan
- Family conflict
- Aggressive communication
- Low self-esteem
- Changes in social life (family, friends)
- Impaired work performance or loss of employment
- Increased anger and irritability
- Ineffective coping skills

Facilitated by:
Nancy Tipton, LPC-S
Wednesdays: 3:00pm – 4:00pm
Jewish Family Service
4131 S. Braeswood Blvd.

For more information please contact
Nancy Tipton, LPC-S
ntipton@jfshouston.org
713-986-7822
www.mentalhealthletstalk.org

REACH OUT AND CONNECT WITH OTHER PEOPLE FOR SUPPORT AND MENTAL HEALTH IN A SAFE GROUP.