



Human
Resources
Consultants

SacPort Symptom Management Group

“Get Up! Get here! Get better!”

Group Begins: TUESDAY AUGUST 4, 2015

**Group meets twice a week on Tuesday and Thursday
from 11:00 AM to 12:30 PM**

~Commitment Required ~

~Coffee and Drinks and Snacks Provided~

- ◆ Are you tired of just existing? Find your life's purpose and meaning!
- ◆ Learn new and exciting coping methods to manage your mental health symptoms and enjoy your life now!
- ◆ Meet new friends in a safe group environment, learn about the value of self care
- ◆ Learn more about eating healthy to stay on the road to wellness
- ◆ Learn how to prevent a relapse and cope with persistent symptoms such as stress, depression, anger, anxiety, voices, paranoia and other persistent symptoms,
- ◆ Increase your ability to communicate and learn how to avoid drugs and alcohol
- ◆ Obtain resources that will help you get to where you want to go in life.

“It takes courage to push yourself to places you have never been before... to test your limits... to break through barriers. And the day came when the risk it took to stay tight inside the bud was more painful than the risk it took to blossom.” Anais Nin

**This group will run approximately 12 weeks,
You will receive a Certificate upon completion and
enjoy a Graduation Luncheon Celebration!**

SPACE IS LILMITED! ENROLL NOW!

**Call Thomas Fisher, SacPort Facilitator
(916) 485-6500 ext. 262**