

Stress Management Skills Group

Feeling Holiday stress?

Cold days getting you down?

November 5th - December 31st

Tuesdays, 2:00pm - 3:00pm

Fitchburg Community Health Center
326 Nichols Rd, Fitchburg 01420

Join us in an 8-week coping skills training group to learn how to effectively manage stress.

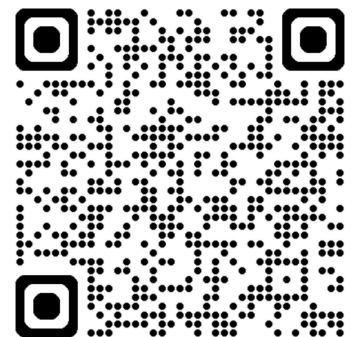
This group is open to the public, and for individuals 18 years old & up.

If you do not have a current Behavioral Health provider, please contact Nancy Fuller for additional information:

Are struggling with:

Depression
Anxiety
Mood Swings
Communication
Difficulties

Nancy Fuller
Nfuller@chcfhc.org
978-878-8100



Community Health Connections

We take great care of you!