

ADULT PROCESS GROUP

A SUPPORT AND PROCESS GROUP FOR PEOPLE MOVING BEYOND THEIR MENTAL ILLNESS

Led by Constantine 'Dino' Kazos, MFT

*Learning to better communicate with others allows for feeling connected in
the moment*

BUILDING INTERPERSONAL SKILLS WILL ALLOW ONE TO:

- ❖ *Learn skills to live fully with acceptance and joy.*
- ❖ *See yourself as unique from others, not less than.*
- ❖ *Seize the opportunity to grow from your experience.*
- ❖ *Embrace being perfect just the way you are.*

This group will provide the opportunity for members to talk about topics that matter to them, such as: Family relationships, work-related issues, social isolation, stigma, and hope for the future and defining goals.

Group now forming

FRIDAYS

5:30-7 pm

Fee: \$50.00 per group session or \$200 a month

If on disability or without work, a sliding scale fee is available.

For more information call Dino

At 408-560-6681