

# Healthy Communications Group



**Mondays, Sep. 14th - Oct. 19th**

10:00 am via Zoom

Free 6-week group for individuals age 50 years or better focusing on enhancing communication skills and understanding communications barriers.

For more information, please contact Mieka Bledsoe, LMFT at (949) 557-5101.

\*Please note: Due to grant funding some registration information will need to be completed by phone prior to starting. This group is free of cost.



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IF YOU NEED HELP NOW, CALL: 877.854.3594 | 24 hours | 7 days

