



YOU'RE INVITED

FREE ONLINE GROUPS



Depression Group

This support group will provide an opportunity to connect with other people who also struggle with depression. Join us and learn how to understand your emotion and thought pattern, manage mood and stress, and build your coping skills toolkit.

Adolescent Thursday 6pm-7pm <https://ttuhsc.zoom.us/j/104176986>

Adults Monday 4:30pm-5:30pm <https://ttuhsc.zoom.us/j/711158700>

Anxiety Group

Experiencing irrational or uncontrollable worries? Join us and learn coping skills to help manage and reduce daily stress and symptoms, practice physical, mental, and creative techniques for lowering anxiety in the moment.

Adolescent Monday 6pm-7pm <https://ttuhsc.zoom.us/j/708245351>

Adults Wednesday 4:30pm-5:30pm <https://ttuhsc.zoom.us/j/423230939>

Grief Support Group

When grieving the loss of someone you loved, it's as if a deep hole implodes inside of you. This group offers a safe, supportive environment for sharing grief, learning from others who have experienced a loss, and gaining knowledge and insight of useful coping skills to help you begin to heal.

Wednesday 6pm-7pm <https://ttuhsc.zoom.us/j/677541865>

Free Online Chatroom for Anxiety during Coronavirus

Join us as we come together to share common experiences that are happening in our lives. You are not alone! Kids keeping you busy? Finding yourself stressed and worried about what might happen? Feeling overwhelmed? This too shall pass.

Monday – Thursday 10:00am - 11:30am <https://ttuhsc.zoom.us/j/478049812>

