



HOW DO YOU FEEL TODAY?



If you **don't** know how to answer this question this group is for you!



If you **do** know how to answer this question this group is also for you!

A Journaling Group

Starting Tuesday, May 12, 2020

ONLINE course with Microsoft Teams

Tuesdays at 4:00pm-5:00pm

- ✓ To help you maintain your own self-care and general wellness
- ✓ Be able to track exactly how you are feeling compared to how you have felt in previous days
- ✓ Be able to tell your doctor exactly how you are feeling during your appointments
- ✓ Be able to identify when you need help before things spiral out of control
- ✓ Be your own BEST self-advocate

Contact: Desiree McCoy (707) 553-5735/ Kerra Harris-Bray – Facilitator

http://solanocounty.com/depts/bh/wellness_recovery.asp