

MOSAIC FAMILY SERVICES MENTAL
HEALTH PROGRAM PRESENTS

Empowering You!

A six week psychoeducation group designed to help work on self-esteem, confidence, and communication skills.

Age: 18+

Location: Zoom

Cost: Free

Starts: October 1st @ 6-7:30 PM

Ends: November 12th

Contact: JaclynC@mosaicfamily.org
or IvonneM@mosaicfamily.org

to sign up today!



MOSAIC
FAMILY SERVICES