

# TUESDAYS

APR. 1, 8, 15, & 22

AT 6 PM

Hosted by: Lumberton  
Public Library



## Benefits:

- Support
- Encouragement
- Motivation
- Inspiration

The goal is to provide a supportive and empathetic environment where members can share their struggles, exchange coping strategies, and provide mutual encouragement and guidance in their journey toward personal growth and recovery.



For More Information:

601-796-2505

9am-6pm

JOIN OUR

# MUTUAL-HELP GROUP



## We Want To Help With:

- Reducing stress and anxiety by sharing coping strategies and advice.
- Developing knowledge and skills that enable you to become contributors to your families and communities.
- Sharing your own experiences with the group can help ease your emotional burden and feelings of isolation.

