

Patient updates

January 17, 2023

Dear patients,

We wanted to let you know about our upcoming mental health groups and how learn more. You can sign up for them now!

To see the Winter 2023 program schedule, click [here](#).

All of the programs are free, group-based, and led by professionals. We offer our programs online as video meetings on Zoom for Healthcare.

To join our online groups, you need a private space (a room where no one else can see or hear the group session), high-speed internet, a free Zoom account, and a computer, tablet, or smartphone.