

## Grace Art & Wellness Program's

# Voices & Delusions

## SUPPORT GROUP

This is a clinical group allowing members to gain knowledge about mental illness, coping skills, medications, resources, and battling stigma. Members will be encouraged to share their personal journey in an effort to grow in a supportive and confidential environment.

## TUESDAYS

## 12:30pm - 1:30pm

488 N. 6th St. San Jose, CA 95112 408-293-0422

VISIT OUR WEBSITE AT: <http://www.sanjoseca.gov/prns>