



WHAT IS THE FOCUS OF THE GROUP?

This group will allow individuals to connect, process stressors, and learn coping skills while engaging in crafts.

TOPICS COVERED:

- Healthy relationships
- General coping skills
- Communication skills
- Boundary setting
- Stress management

WHO IS ELIGIBLE?

- Open to everyone, Generations' patients and non-patients
- 18+ years old
- Open to all genders



GENERATIONS
FAMILY HEALTH CENTER

WHEN:

Tuesdays 9:00 – 10:00 am
May 13 to July 29, 2025

WHERE:

Generations Family Health Center
40 Mansfield Avenue • Willimantic

COST/PAYMENT:

We accept Medicare, Medicaid, most private insurance plans, and patients without insurance. Contact your insurance company to confirm coverage, or call our office to discuss your options. If you're uninsured or need financial assistance, ask about our Sliding Fee Scale program to see if you qualify for a reduced rate. Rates are available upon request and can be provided before registration.

TO LEARN MORE/REGISTER:

Laura Davis
(860) 450-0585
ldavis@genhealth.org

SITES: DANIELSON. NORWICH. PUTNAM. WILLIMANTIC
SCHOOL BASED HEALTH CENTER: PUTNAM
MOBILE HEALTH UNIT

GENHEALTH.ORG



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