

OFFERING
A SAFE SPACE TO TALK
DURING UNCERTAIN TIMES

LISTENING HEARTS AND MINDS SUPPORT GROUPS

VIRTUAL GROUPS FOR PREGNANT AND PARENTING WOMEN
CO-FACILITATED BY EXPERIENCED COUNSELORS

WEDNESDAY: 10:00AM

WEDNESDAY: 2:00PM

TUESDAY: 6:00PM

TO JOIN, CONTACT DEENA COHEN BA, CDC, WTS, CTTS
DCOHEN@CJFHC.ORG • 888-633-5502

PLEASE JOIN US IF:

- YOU NEED A CARING PERSON TO TALK WITH
- YOU ARE ANXIOUS AND WORRIED ABOUT THE FUTURE
- YOU ARE OVERWHELMED WITH THE CHALLENGES OF COVID 19
- YOU ARE STRUGGLING WITH RISKY BEHAVIORS LIKE DRINKING OR SMOKING

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