



SUPPORT GROUP



If you are experiencing distress and anxiety in the wake of the recent tragedy in **Puerto Rico** and **Mexico**, you are not alone. Understanding common responses to extreme events can help you to cope effectively with your feelings, thoughts, and behaviors.

Learn how to:

- Build Resiliency
- Honor your feelings
- Take care of yourself
- Manage anxiety



-**October 10th**, 11am-12:30pm at:

200 North John Young Parkway,
Suite 204, Kissimmee, 34741

Every Tuesday/Spanish

-**October 12**, 9am-10:30 at:

2550 Technology Drive, Orlando, FL
32804

Every Thursday/Spanish

-**October 12**, 10am-11:30am at:

6900 South Orange Blossom Trail,
Orlando, FL, 32089

Every Thursday/English

6 Sessions Free of Charge

Hispanic Family Counseling, Inc.

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