

COPING TOGETHER FOR ADULTS

(AGES 18+)

ARE YOU STRUGGLING WITH LIFE CHALLENGES?
WOULD YOU LIKE TO IMPROVE YOUR "COPING STYLE"?
READY TO TRY SOMETHING NEW?



Join Coping Together!



An on-going, skill-based group for adults specially designed to help reduce stress, improve mood, and increase self-awareness.

Mondays 6:00PM–7:00PM (In-Person) @ GBCC/OASIS
175 Admiral Cochrane Drive Suite 101B Annapolis, MD 21401

Most Insurances Accepted. Self-Pay Available.

Please call or contact us online.
(410) 760–9079 www.gbcc.com

