



# HEALING TOGETHER

## *group support*

**MONTHLY**  
SECOND MONDAYS  
6PM

A group for parents whose children are experiencing (or have experienced) depression and anxiety

**WEEKLY**  
THURSDAYS  
COMING SOON

A group for family members navigating a loved one's mental illness



Let us know you're coming:  
530-278-8461 / [theteam@thesedonaproject.org](mailto:theteam@thesedonaproject.org) /  
[www.thesedonaproject.org](http://www.thesedonaproject.org)

Note: Peer groups are open to everyone and are facilitated by non-professionals