



UNPACKING WHO WE ARE

9/14/23, 9/28/23, 10/12/23, 10/26/23, 11/9/23, 11/23/23, 12/7/23
Thursdays, Biweekly, 6:00-7:30 PM

To Register Call
520-329-1250
6280 E Pima Street
Suit 100 Tucson AZ

Find no-cost support, in an encouraging and safe environment, to process thoughts and feelings regarding your current mental health.

Unpacking Who We Are is a free, open, support group for those interested in learning more about their own mental and emotional well being.

The group will examine the parts that make up who we are and explore how we relate to our selves and our minds.