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 mhaac.info

**CREATED BY: MHANJ'S
INDIVIDUALS
CONCERTED IN EFFORT
(ICE)**

MHA IN-PERSON GROUPS

BETTER TOGETHER

Mondays 4pm - 5pm

Oceanside II Family Success Center

3201 Atlantic Ave, Atlantic City, NJ 08401

Topic focused group - This is a support group for individuals who struggle with a combination of physical and mental health challenges. Together we will discuss a topic surrounding the struggle of balancing physical and mental well-being. Let's support each other in our journeys to wellness!

EXPRESSIONS (HYBRID 1ST AND 3RD)

Tuesdays 11am - 12pm

Mental Health Association in Atlantic County

4 E Jimmie Leeds Rd #8, Galloway, NJ 08205

****This group occurs in person and on zoom simultaneously****

Activity focused group - A support group focusing on artistic expression, so bring your paint, sketchpad, or drawing tablet!