



## LIVING IN THE MOMENT SUPPORT GROUP **EVERY WEDNESDAY FROM 10:30-11:30 AM**

Join us at the Mental Health Association 4 E Jimmie Leeds Rd #8, Galloway, NJ 08205

This support group is focused on topics for self-love and self-esteem, gratitude, and sharing memories that we feel in the moment.

A GROUP HOSTED BY THE MENTAL HEALTH ASSOCIATION OF ATLANTIC COUNTY







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