

GRATITUDE GROUP

Group Leader: Erika Estrada-Diamond Day: Tuesdays
Location: Center Point Time: 10 - 11 Age: +18 Starts 3/7

In Gratitude Group, participants will focus on thankfulness and kindness for themselves and for the world around them.

The purpose of this group is to bring positivity to participants' mental health while focusing on the good things happening in their lives.

