

WHAT'S NEW WITH MHA SUPPORT GROUPS? WOW!!!!!!!!!!!!!!
The Mental Health Association is Reaching Out to New Friends in Community Support

The Mental Health Association has teamed up with the Latin American Community Center (LACC) in promoting the LACC MENTAL HEALTH PROGRAM SUPPORT GROUPS.

UN RESPIRO SANO

Un grupo de apoyo en El Centro Latino para la depresión, la ansiedad, y el estrés.

Español: los lunes, 5:30-6:30 de la tarde

Es gratis. Vengan a desahogarse.

Favor de llamar al Centro Latino para registrar, (302) 295-2160.

Este grupo se hace con el apoyo del Mental Health Association of DE.

(LACC support group for depression, anxiety, and life stress.

Spanish: Mondays, 5:30-6:30 pm

Please call LACC to register, (302) 295-2160.

This group is offered with the support of the Mental Health Association of DE.)

LOS ANGELES AZULES

Grupos de apoyo para la depresión posparto, ofrecido por El Centro Latino y St. Francis Hospital con el apoyo del Mental Health Association of DE.

El grupo y el estacionamiento son gratis.

Este grupo ofrece apoyo a mujeres deprimidas que están embarazadas o con bebe recién nacido.

Ingles: los miércoles, 1:15-2:30 de la tarde

Español: los jueves, 1:15 – 2:30 de la tarde

Favor de llamar al Centro Latino para registrar, (302) 295-2160.

(Support groups for Post-Partum Depression, offered by LACC in partnership with St. Francis Hospital, and additional support from the Mental Health Association of DE. There is no charge and parking is free.

The group offers support to pregnant women and new mothers who are depressed.

English: Wednesdays, 1:15-2:30 pm

Spanish: Thursdays, 1:15 – 2:30 pm

Please call LACC to register, (302) 295-2160.)

ALSO.....

The Mental Health Association has implemented a pre-registration process with Wilmington Hospital, Meadow Wood Hospital and Dover Behavioral Health Day Programs for individuals. MHA believes support groups are an important part of an individual's recovery process. As individuals participate in their recovery process at the aforementioned day treatment programs, it is important to offer supportive services that will promote a successful journey towards recovery. In an attempt to reduce gaps in services rendered, it is our hope that we are able to bridge services to individuals by introducing the importance of support groups in the recovery process as well as other community services and implementing this new support group pre-registration process.

