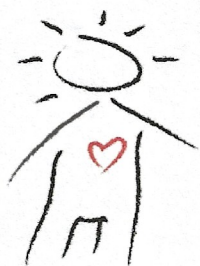


STRESS AND YOUR MOOD



**SKILLS FOR MANAGING AND
PREVENTING SYMPTOMS OF
STRESS AND LOW MOOD**

FEELING:

Irritable, sad, down,
depressed,
overwhelmed,
hopeless, anxious,
isolated, or alone?

DIFFICULTY:

Sleeping,
eating,
concentrating, or
coping
with stress?

**A GROUP OR INDIVIDUAL COURSE
FOR AGES 16 - 25**

**SAYM will provide skills and tools to help
relieve your symptoms and to change the
habits that allow these symptoms to return.**

Servicing areas in Wildomar, Lake Elsinore, Perris,
Nuevo, San Jacinto, & Hemet.

**\$20 GIFT CARD
UPON COMPLETION**

FOR AGES 16 - 25

**10-12 SESSIONS AT
NO COST TO YOU**

Scan QR code to fill out
interest form 😊



CONTACT FOR MORE INFO:

MID-COUNTY SAYM

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Family Therapist, Professional
Clinical Counselor**



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