

WELLNESS THERAPY GROUP



CASA-Trinity Mental Health is now offering a Wellness Therapy group!

WHEN:

- Thursdays from 11am–12pm

WHERE:

- 904 East Church Street, Suite B Elmira, NY 14901

TOPICS INCLUDE:

- Mindful eating and nutrition
- Staying physically active
- Self-esteem
- Coping skills
- Healthy Boundaries
- Emotional regulation
- And MORE!

CONTACT US

If you have questions or are interested in joining the group, please reach out to your clinician. Or contact the front desk at (607) 737-5215

