

# Support Groups

## Grupos de apoyo emocional

### Stress

### Reduction Yoga

*Yoga para la reducción de estrés*

### Art Group

*Grupo de arte*

**Tues. (martes)**

*1-2 pm*

**Wed. (miércoles)**

*2-3:15 pm*



**3rd floor**

or email [dhoey@hchmd.org](mailto:dhoey@hchmd.org)  
for virtual link



**1st floor**

**Art Room**

**All are welcome. *Todos son bienvenidos.***

Talk to your provider for more information. *Habla con su proveedor para más información.*



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Grupos de apoyo emocional



## Women's Group

Mondays, 9 a.m.

421 Fallsway  
1st floor,  
Art Room

## Men's Group

Fridays, 11 a.m.

421 Fallsway  
3rd Floor,  
Group Room

## Stress Reduction Yoga

Tuesdays, 1–2 p.m.

In person or via  
Zoom;  
[dhoey@hchmd.org](mailto:dhoey@hchmd.org)

## Art Group

Wednesdays, 2–3:15 p.m.

421 Fallsway  
1st floor,  
Art Room

## Building an Emotional Toolbox

Wednesdays, 10–11 a.m.

Call 443-703-1266 for more info

421 Fallsway  
3rd floor,  
Room 3100

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