



**CHECK
YOUR
MOOD**



**community
human services**

hope. help. here.

Mood Disorder Group

Group Counseling NOW in Salinas

Community Human Services is now offering a weekly group for people who are in need of support to empower themselves to manage their moods, cope with daily stressors, and improve personal relationships.

Services will be provided at the Family Service Center in Salinas at 433 Salinas Street, Tuesdays from 2:00 to 3:00 p.m.

Medi-Cal and sliding fee clients are welcome. For more information please call, 831.757.7915 ext. 002



Community Human Services

Family Service Center
433 Salinas Street
Salinas, CA 93901
831.757.7915

www.chservices.org



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