Meets Weekly on Tuesdays 10am-11:30AM

"DEALING WITH DEPRESSION"

If you ever have struggled with depression, take heart! Plan to join and learn new skills to break through the cycle of chronic unhappiness.

"LIVING WITH WORRY AND ANXIETY"

Everyone worries from time to time. However, for some individuals "Worry is a way of life"

Good news: you are not powerless over your worry and anxiety!

"LIFE WITH ANGER"

If you struggle at times with anger, plan to join and learn new skills to experience anger without acting on it aggressively

Call to confirm reservation @817-335-5405 or sign up in a MHA class

The secret of being HAPPY is accepting where you are in life and make the most out of everyday.