



West Bergen Mental Healthcare is starting a new group beginning in May!

The group is for **Adults (45+) who are experiencing struggles with anxiety, life changes, stressors, family issues, etc.** and will be held on Thursdays from 2 pm to 3 pm at 1 Cherry Lane in Ramsey.

If you are interested in joining this group please contact
The Access Center at 201-485-7172

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