

**Please bring your lunch and join us.**

# **Anxiety and Depression Support Group**

**2<sup>nd</sup> Tuesday  
of the month  
12:10 p.m.**

**You are not alone. A support group can provide a safe & encouraging environment to share & grow.**

***Please join us for this FREE  
monthly brown bag group meeting***

**2<sup>nd</sup> Tuesday of the month  
12:10 to 12:50 p.m.**

**Mercy Family Counseling  
1340 Blairs Ferry Rd, Suite A, Hiawatha, IA**

***Support Group Meeting facilitated by a Mercy Family Counseling  
licensed mental health counselor***



***Please call Mercy Family Counseling if you have any questions.***

**Mercy Family Counseling**  
1340 Blairs Ferry Rd, Suite A  
Hiawatha, IA  
**(319) 398-6575**  
[www.mercycare.org/familycounseling](http://www.mercycare.org/familycounseling)

