

MONTHLY SUPPORT GROUPS

WELCOME TO ADULTS OF ALL AGES - COME AS YOU ARE

Capstone Rural Health Center
5947 Highway 269 | Parrish, AL

LIVING WITH ANXIETY

Emotional & Social Support. Group for adults to talk with one another and support each other in dealing with anxiety.

1st Thursday of Every Month = 2:00pm - 3:00pm

(Beginning June 6th)

GRIEF SUPPORT

Connect with others who understand and talk about your grief experience in safe, affirming and nurturing setting. Learn ways to help cope with unpredictability of grief.

3rd Thursday of Every Month = 2:00pm - 3:00pm

(Beginning June 20th)

STRESS / PTSD SUPPORT

Support for addressing stress that impairs or prevents daily routines. PTSD, Feeling Detached from Others, Anger/Outbursts, Rage, Irritability, Difficulty Concentrating or Sleeping, Recurrent Dreams.

Last Thursday of Every Month = 2:00pm - 3:00pm

Connect With Us

Stacye Rogers, LMSW – 205.724.9009

Parker Woods, LMSW – 205.686.4480



Entrance & Parking located in parking lot adjacent to Post Office.

www.capstoneclinic.org