

Support Groups

Grupos de apoyo emocional



Women's Group

Mondays, 9 a.m.

421 Fallsway
1st floor,
Art Room

Men's Group

Fridays, 11 a.m.

421 Fallsway
3rd Floor,
Group Room

Stress Reduction Yoga

Tuesdays, 1–2 p.m.

In person or via
Zoom;
dhoey@hchmd.org

Art Group

Wednesdays, 2–3:15 p.m.

421 Fallsway
1st floor,
Art Room

Building an Emotional Toolbox

Wednesdays, 10–11 a.m.

Call 443-703-1266 for more info

421 Fallsway
3rd floor,
Room 3100

All are welcome. *Todos son bienvenidos.*

Talk to your provider for more information. *Habla con su proveedor para más información.*



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