

Be Well Client Support Group



Join a new group to focus on wellness through seminars! Topics include finance, community involvement, stress reduction, spirituality, physical care, education, job prep and more. Pizza provided and there will be a group celebration and graduation ceremony in June.

This group is open to supportive housing clients. Email Michele at mjones@hchmd.org to sign up.

421 Fallsway, 3rd-floor group room
Every Tuesday, 11 a.m. - 11:45 a.m.
11 weeks, starting Tuesday March 27

