



## Monthly Supportive Circle With Cyndie

Where: on Zoom

When: Last Wednesday of the month from 3-4 pm

### Monthly Topics

**January 27**– Staying Healthy- Physically and Mentally

**February 24**- Accepting Myself as I am

**March 31**- How to make Healthy Food Choices and Develop Good Habits

**April 28**- Substance Use and Abuse – short- and long-term effects

**May 26**- What is Anxiety and how can we learn to live with it

**June 30**- How to Speak so you will be Heard

**July 28**- How to Listen to Understand

**August 25**- Ways to build Self- Confidence

**September 29**- Anger Management 101

**October 27**- Domestic Violence and Interpersonal Relationships

**November 17**- Dealing with stress over the Holidays

**December 29**- Preparing for a New Year

**RSVP to Cyndie Gilliam @ (619)460-3400 ext 210  
Hope to see you there!!**