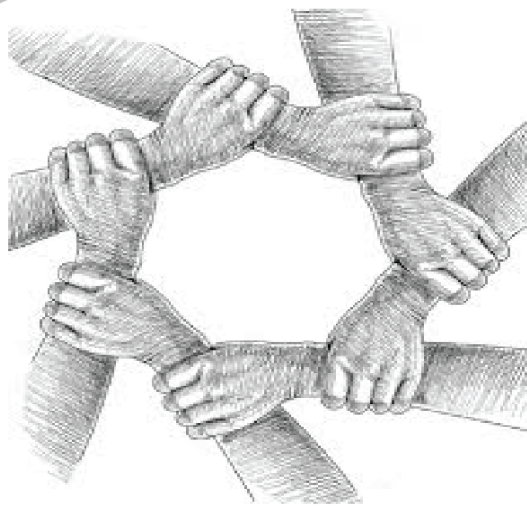


Join us as we come together to embark on

The Journey of Self



COUNTY OF SANTA CLARA
Behavioral Health Services
Supporting Wellness and Recovery



Groups on
Wednesdays
12:00-1:00PM

Esperanza Self-Help Center
1235 First Street
Gilroy, CA 95020
408-852-2460

www.sccbhsd.org/esperanza

**Explore what it means to know yourself,
love yourself, and keep yourself well.**

Topics include:

- **Introspection**
- **Self love & acceptance**
- **Affirmation techniques**
- **Self care**

