

POSITIVE THINKING



Fridays
12:00 to 1:00 P.M.

This group promotes wellness, recovery, and hope. We aim to create a more positive mindset through discussions, reading articles, and engaging in group activities. Positive thinking allows us to reframe what we might consider an obstacle into a challenge or an opportunity for growth.

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COUNTY OF SANTA CLARA
Behavioral Health Services

Supporting Wellness and Recovery