

Personal Medicine Group

Tap into your inner wisdom and resilience!



Mondays, 2:30 - 3:30

Facilitated by Lorraine Zeller, CPMC



We will discover and use our own personal medicine to deal with anxiety, distressing voices, depression, anger, grief, food cravings and other challenges to our wellness and recovery.

- *Personal medicine is about what we DO to bring joy to our lives and care for ourselves.*
- *We can balance what we do and what we take to create and maintain our wellness.*

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COUNTY OF SANTA CLARA
Behavioral Health Services
Supporting Wellness and Recovery