

Schizophrenia, Schizoaffective, Bi-polar,
Depression, Severe anxiety



Support

Managing Symptoms

Day: Friday

Time: 12pm-1pm

Where: L503

Dates: March 4-May20, 2011

No Group-April 22, Spring Break.

Topics

Covered:

- *Coping skills*
- *Meeting goals*
- *Stress reduction*
- *Communication that works*
- *Observing your actions*
- *Relapse signals*
- *Checking hallucinations & fears*



Contact **Linda Gibbins-Croft, LCSW**
(619) 388-2774 Lgibbins@sdccd.edu

Request for disability related accommodations should be made no later than five working days prior to the event.

Call (619)388-2774