

**SOUTH TEXAS MENTAL HEALTH ASSOCIATES
THERAPY SERIES**

Coping Skills Group

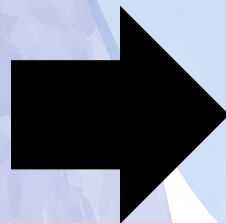
A safe space to make connections, work to improve overall mental health and well-being, and learn healthy coping skills for everyday stressors.

EVERY THURSDAY

5:30PM-7:00PM

**MOST MAJOR INSURANCES
ACCEPTED OR \$40/ THERAPY SESSION**

**SCAN HERE TO
REGISTER
OR FOR MORE
INFORMATION**



**5656 S. STAPLES ST
SUITE 280
(361) 356-1234**