

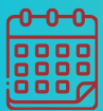
Bipolar

Wellness Group

8- Week Series | Fridays at 11 am

Starts August 29th

This group offers a safe, supportive space to connect with others navigating the challenges of bipolar disorder. Together, we'll explore tools for emotional regulation, self-awareness, coping strategies, and healthy relationships.



Fridays at 11:00am



\$20 per group



Inspire Mental Health Services

210 Jupiter Lakes Blvd

Building 3000 Ste 201

Jupiter, FL 33458

**Register
Here:**



561-677-4353