



Support Group

Tuesdays 6PM-7PM
Wednesdays 11AM-12PM

Covid-19 Support Group

Undoubtedly this is a tough time for all. If you are struggling, join our newly formed Support Group, led by a trained Mental Health Counselor. By joining this group you will achieve the following:

- Learn to cope effectively with stress, anxiety, and depression during this crisis.
- Build or enhance wellness techniques that foster mental and emotional health.
- Gain invaluable support from other local residents struggling with similar issues.

If interested in joining the Support Group, please call 941-876-3060 or email ashley@tri-countycounseling.org to reserve your spot. Individual counseling is also being offered at reduced rates to accommodate those who might be experiencing financial difficulties during this crisis. Please contact our office for more information 941-876-3060, and to see if you qualify.

Tri-County Counseling
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