

# Anxiety & Depression Online Support Group

For ages 18+



**Wednesdays at 6pm**

RSVP to [evaldovinos@t-mha.org](mailto:evaldovinos@t-mha.org) or  
call The Santa Maria Wellness  
Center at (805) 928-0139

Participate online or call to be a part of  
the discussion (669) 444-9171



Meeting ID: 894 8005 4834  
Meeting Code: 147014

**Scan this QR code to join online!**