

Mental Health Center of South Florida, LLC

Who should attend support groups?

Support groups assist individuals to come together to share their experiences, stories, and lives in a way that helps reduce isolation and loneliness. Most of the times, we tend to believe we are struggling alone, but support groups helps us realize that there are others who are dealing with similar situations as ours.

People find support groups a beneficial tool that can help in their recovery. Support groups are open to anyone, they are focused on specific topics.

The following is a list of the support groups Mental Health Center of South Florida, LLC (MHCSFL) offers in Miami-Dade County:

- ✓ Bullying
- ✓ Eating Disorders
- ✓ Anger and Stress Management
- ✓ Improving Social and Communication Skills
- ✓ Dealing with Intellectual Disabilities
- ✓ Attention Deficit Disorder (ADD)
- ✓ Attention Deficit Hyperactivity Disorder (ADHD)
- ✓ Depression
- ✓ Anxiety
- ✓ Post-Traumatic Stress Disorder (PTSD)
- ✓ Substance Abuse
- ✓ Impulse Control
- ✓ Defiant Behaviors



For more information, please contact us at:

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*Individualized workshops and support groups available upon request.