



Banner
University Medicine



Whole Health Clinic hosts “Let us Talk” - Women’s Group for ages 60+

Online Support Group

➤ Coping skills for depression

➤ Crisis planning

➤ Finding motivation

➤ Addressing Triggers

**This group is exclusively
for AHCCCS members.**

**Wednesdays
3:30-4:30 p.m.**

Facilitated by Pennie Bell-Casillas

**Fridays
9-10 a.m.**

Facilitated by Dee Gonzales

Whole Health Clinic 535 N. Wilmot Rd. Suite 201



For any questions and to sign up, contact Dee at
520-694-1776 or email darlene.gonzales@bannerhealth.com

Scan the QR code to visit our website