



## MOOD DISORDER GROUP

# YOUR MIND AND MOOD MATTERS

*You will learn how to take control of your mind and your life.*

*Based on the book titled "MIND OVER MOOD"*

*Written by Dennis Greenberger, PhD & Christine A. Padesky, PhD*

.....

**The Your Mind and Mood Matters Group is a 12-week program and the Group meets on Wednesday's From 4:00 pm—6:00 pm**

**Family Service Agency**

**1107 S. Gilbert Road, Suite 104, Mesa, AZ 85204**

**Facilitator:  
LAC \* Phone:**



**Africa Ogden,  
480.507.8619**