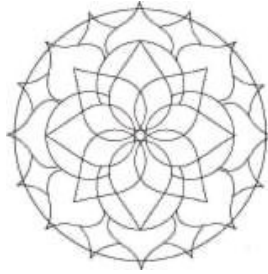


# SURVIVORS CIRCLE



**Free information about mental health after the fires**

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**FOR**

- **STRESS**
  - **ANXIETY**
  - **GRIEF**
  - **GUILT**
  - **UPSETTING THOUGHTS, FEELINGS OR BEHAVIORS**
  - **QUESTIONS & ANSWERS**
  - **INFO ON RESOURCES FOR HELP**
- 

## **FREE COMMUNITY GATHERING**

**WHERE:** MESILLA VALLEY SCHOOL HOUSE (next to Concow pool)

**WHEN:** Every Wednesday evening – 6:00 -8:00 PM

**WHY:** So you can have help to stay well and get well

**Facilitator:** Tina Meyer, FNP, RN, MSN, nurse practitioner in family practice and former Concow resident

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Supported by:



Concow Phoenix Project  
4096 Big Bend Road  
Yankee Hill, CA 95965  
[www.concowphoenix.org](http://www.concowphoenix.org)