



## Hodges Bend School Support Group

### ARE YOU EXPERIENCING...

Anger

Anxiety

**FRUSTRATION**

*Hopelessness*

*Extreme fatigue*

**Insomnia**

Agitation

**Loss of Interest**

#### WHERE:

Room 2310

#### WHEN:

Wednesday @ 8:50

#### CONTACT :

**See Ms. Shelton to join!**

re:MIND provides free support groups in the Houston area. This group is open to students at Hodges Bend Middle School. This group is an open, non judgmental environment for students experiencing symptoms of depression or bipolar disorder.

Offering **Free** Support to Houston

[www.remindsupport.org](http://www.remindsupport.org)