

Mendocino Coast Hospitality Center

COMMUNITY GROUP

MONDAY-FRIDAY 9:00AM-10:00AM

Community is a daily check where people can discuss things in a positive atmosphere. Such as upcoming events, resources, and problem solve with the support of their peers.

Topics

- Lunches/ Dinner
 - Food Bank
 - MCHC Services
- What works VS. What doesn't
 - Positive Affirmations
 - Grounding techniques
 - Healthy Boundaries

