



SCAN ME

SEEKING SERENITY WOMEN'S SUPPORT GROUP

THURSDAYS @ 1 PM
21625 Great Mills Road
in Lexington Park

Free snacks, coffee, and
giveaways!

Led by women with
lived experience.



HARM REDUCTION PROGRAM
ST. MARY'S COUNTY HEALTH DEPARTMENT

The Seeking Serenity Women's Support group provides a safe, nonjudgmental space for women who have survived trauma and have mental health or substance use conditions, though all women are welcome to join for:

- Group discussion on a variety of wellness topics
- Activities to enhance self-awareness and empowerment
- Tools and resources to build healthy coping skills
- Women supporting women through shared experiences
- A personalized Wellness Recovery Action Plan

TOGETHER WE ARE STRONGER

Join us! If you have any questions,
call us at (301) 862-1680