



ServiceSource and the Laurie Mitchell Empowerment & Career Center
(LMECC) Present:

Wednesday Wellness Support Group

When: Tuesdays 12:00PM to 1:00PM (except the 3rd Tuesday of each month)

Where: ServiceSource
10467 White Granite Drive, Oakton, VA 22124
703-461-6000

The Wellness Support Group is a peer-led group providing support and exploration of various aspects of wellness, including emotional, social, and occupational. Our group is open to all people who seek encouragement and conversation with their peers on ways to enhance wellness. We believe that we can learn from one another's challenges and successes and provide a safe, respectful, and non-judgmental environment. Our discussions center on leading a meaningful life and striving for us all to reach our full potential.

Come join us! Drop-ins are welcome; no need to RSVP!

