

# Positive Thinking Group



This group promotes wellness, recovery, and hope.

We aim to create a more positive mindset through discussions, reading articles, and engaging in group activities. Positive thinking allows us to reframe what we might consider an obstacle into a challenge or an opportunity for growth.

Zephyr Self-Help Center  
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**Fridays**  
**11:00 a.m. – 12:00 p.m.**