

# Symptom Management Peer Support Group



Get help managing your symptoms  
related to sadness or depression.

- Understand your depressive symptoms
- Increase positive feelings
- Find new ways to think and act
- Learn how to cope with stress and difficult feelings
- Connect with others and create permanent change

Zephyr Self-Help Center  
1075 E. Santa Clara Street  
San Jose, Ca 95116  
1 408-792-2140  
[www.sccbhsd.org/zephyr](http://www.sccbhsd.org/zephyr)

**Wednesdays**  
**11:00-12:00 P.M.**



WELLNESS • RECOVERY • RESILIENCE



COUNTY OF SANTA CLARA  
**Behavioral Health Services**  
Supporting Wellness and Recovery