

# Mood Lifters

Our Strategy. Your Strength

## **Do you feel down? Anxious? Stressed? Overwhelmed?**

Many people feel this way for a variety of reasons like financial struggles, relationship conflicts, poor health, traumatic experiences, job difficulties, caregiving responsibilities, loneliness or other common problems. If this describes you, Mood Lifters might be for you!

**Mood Lifters is a mental wellness program that improves mood and helps people live the life that they want. Join us for Mood Lifters at the Corner on **March 25<sup>th</sup> at 5:30pm.** This is a 15 week program that meets every Monday from 5:30-6:30pm**



**Who can benefit?** Anyone ages 17-25 who is willing to work to make positive changes in their life can benefit from this program. This includes people who are dealing with stress, or struggling with anxiety, depression or low mood.

On average, participants in our program experience more positive emotions like joy and happiness and less symptoms of depression and anxiety. Different people see different improvements, depending on what they focus on, but overall most people feel better!

Mood Lifters can be used as a stand-alone program or in conjunction with professional talk therapy or medical care.

To register, email [jmacleod@cornerhealth.org](mailto:jmacleod@cornerhealth.org) or call 734-714-2225.

