



FLOOD SUPPORT GROUP

ALL ADULTS WELCOME

EVERY WEDNESDAY 6:15pm – 7:15pm

Are you experiencing the following?

- Changes in sleep patterns
- Anxiety about the future
- Loss of energy and ability to cope
- Unsure about resources available to you
- Loss of family members and pets
- Loss of home, possessions and keepsakes
- Lacking hope
- Fearful about future weather events



Group facilitated by:

Sarah Burkhart, MA, LPC with
Anthology Counseling and Wellness

**Begins
September 20th!
In Room 203**

**There is no fee to
attend this group.**

**Meets Wednesdays
6:15 pm – 7:15 pm**

**Free childcare and
kids/youth activities
available**

**Dinner available at
5:30pm \$5 / adults or
\$2 / kids**

**Willow Meadows
Baptist Church
4300 West Bellfort
Houston, Texas 77035
(713) 723-2870**

www.wmbc.org/flood