

PERIMENOPAUSE SUPPORT GROUP



Learn symptoms women can experience in perimenopause

Explore new roles/ changing identity

Coping skills for anxiety, depression, stress management

Sleep Issues

Career Concerns

Body Image

Sexual / Relationship Problems

HRT discussion

Gather Resources for more information

Tuesday evenings 5:00 to 6:30 pm

Denver Mental Health Collective
2121 S Oneida Street, Denver, CO 80224
720-863-6100 (must register)

