



MCAPS VIRTUAL APIDA DROP-IN & GROUPS FALL 2021

Individual:



FRIDAYS 1-3PM

Group:



RSVP individual: bit.ly/APIDA1

RSVP group: bit.ly/APIDAGRP

Sept: 10th, 17th (group), 24th

Oct: 1st, 8th, 15th, 22nd (group), 29th

Nov: 5th, 12th, 19th (group)

Dec: 3rd

Stop by for one-on-one informal,
confidential mental wellness support
with Dr. Miao Li from MCAPS