

Resources from The Florida Council on Compulsive Gambling, Inc

Suncoast Center - Support Groups

Resource number: 81341954

A program of: Self-Help Support Groups Other Alternative Support Groups

Description

Self-Care Drop-In Groups

Group when the time is right! These ongoing groups for adults focus on practicing positive coping skills and managing daily stressors. Connect with others and a therapist to commit to your wellness. No appointment needed, tele-conference or call when you can.

Co-occurring

For individuals seeking to successfully live with a mental health and substance use disorder.

Art Therapy

Come explore new ways to use art and creativity as a coping skills for anxiety and stress management, depression, self-esteem, grief and loss.
No art experience required!

Navigating Sexual Assault

This is an educational workshop delivered virtually. It offers a safe place for adult survivors of sexual assault to learn and expand their existing toolbox of coping skills, manage daily life stressors, and connect through healthy communication.

Call us to learn more about other groups available: 727-388-1220.

Phone Numbers

Main Line	(727) 388-1220	Fax	(727) 323-8978
Website	www.suncoastcenter.org/		
Email	SuncoastCenterComm@suncoastcenter.org		

Site Information

Location	4024 Central Avenue St Petersburg, FL 33711	Mailing Address	PO Box 10970 Saint Petersburg, FL 33733
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Program Information

Eligibility

Languages Offered

Payment Options

Fees

Application Process

Documents Required

Normal Wait Time

Capacity

Volunteer Opportunities No

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Coverage Areas

FL - Pinellas County