IGTCS, PLLC

MENTAL HEALTH WORKSHOP

Join us for a safe and supportive workshop focused on emotional health, self care, and practical strategies for managing stress. Discover tools that help you feel balanced, connected, and mentally strong every day.

WHAT YOU'LL EXPERIENCE:

- Tools to manage stress and anxiety
- Simple self care practices you can use daily
- Guided discussions in a safe, respectful environment
- Connection with others on a similar journey

CONTACT US

734-740-3371