

Bipolar & Depression

A SUPPORT GROUP

This support group is for people whose moods include depression and/or mania.

You will learn tools for coping with depression, triggers and relapses, and you will become more resilient.

Beila Krow, M.A., MFT (#MFC25627) is a licensed Marriage and Family Therapist, hypnotherapist, and teacher in private practice in Soquel. She has 40 years of experience working with adults, children and groups.

***Ongoing Weekly Soquel Group
Sliding Scale, \$15-25 per session***

For more information, or to schedule a free interview, call:

Individuals
Couples
Children
Groups



Counseling
Psychotherapy
Coaching
Hypnotherapy

Beila Krow, MFT

(831) 477-1232

beilak@cruzio.com

www.beilakrow.com