

# BUILDING YOUR Confidence Group



## Confidence Building can help:



- Bring out your best
- Find support from others
- Meet challenges
- Build on your strengths
- See yourself in a positive way
- Make each day more rewarding

This is an ongoing group that meets weekly on Thursdays from 2-3:00 P.M. Contact Customer Services at the number below or visit [www.genhs.org/consumergroups](http://www.genhs.org/consumergroups) to sign up.



**Call 810-257-3705**  
TTY 810-257-1346

**GHS** Genesee  
**HEALTH SYSTEM**  
*Hope and health in the community*

Customer Services: 810-257-3705 or TTY 810-257-1346  
(Main Campus) 1040 W. Bristol Rd. Flint, MI 48507 | (Children's Services) 1402 S. Saginaw Rd. Flint, MI 48503  
**24/7 Crisis Line: 810-257-3740** • [www.genhs.org](http://www.genhs.org)