

CONSUMER EDUCATION Groups

These groups are open to anyone in GHS services or with one of our providers. Come meet new people, learn a new skill, or seek personal growth. Attend as many as you like.

Coffee and Conversation

If you are new, this is the place to start. Come meet with us, learn about GHS and the many services you can participate in. Offered every month, you will listen to a guest speaker, meet others, learn about the GHS system, other offerings to grow and learn, and other essential information.

Skill groups

Anger Management

Learn ways to stay in control. This six-session group is offered twice monthly.

Building Your Confidence

Learn ways to improve your self-esteem in this six-session support group with an ongoing group for graduates.

Consumers in Policymaking

This six-session group teaches individuals receiving services to work in policymaking on boards, committees, and workgroups.

Independent Living

This four-session group will teach skills for living on your own. Money Management is one session of Independent Living and can be attended as a stand-alone training.

Mindfulness

A monthly class to improve your mental health by learning and practicing awareness and acceptance.

Recovery Group

Enhance your quality of life by identifying and setting goals to begin and maintain a life in Recovery.

Stop Smoking

This eight-session course offers ways to quit and improve your health.

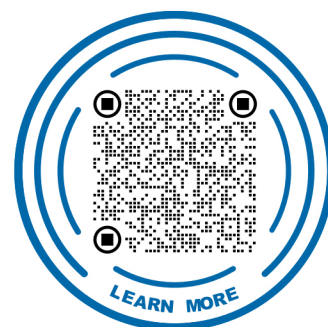
Fun and other groups

Movie Day

Enjoy a movie once a month with popcorn, punch, information, and assistance.

Mystery Shopper Program

Training to visit or call programs and phone numbers to ensure GHS provides accurate information and great customer service.



Learn more and register
genhs.org/consumergroups



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