

## ARE YOU A VETERAN ?

### **VETERANS SUPPORT GROUP**

Mindful Solutions , Toms River, NJ is holding a virtual and in person support group for veterans to help manage symptoms, stress, and challenges related to military service. Support group ran by Jessica O'Gara-Mankowsski who has 20 years experience working in veterans affairs.

**MONDAYS AND WEDNESDAYS**

7:00 PM

Groups begin October 4th

Groups will be held in person on Wednesdays and virtually on Mondays

Office located at 52 Hyers Street  
Toms River, New Jersey 08753

**FOR MORE INFORMATION PLEASE CONTACT:**

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or call

(732) 281- 2060

