



# Mental Wellness & Healthy Aging Begins Here

**Tri-City Medical Center's Outpatient Behavioral Health Services is here for you through all of life's changes.**

We offer a comprehensive program with individualized care, designed to help participants over the age of 55 address challenges often associated with aging, and various mental health symptoms.

**Some of the therapies we offer are:**

- Adapting to Life Changes and Transitions
- Coping with Grief and Loss
- Managing Depression and Anxiety
- Stress Management and Relaxation Skills

For information please call the Community Liaison at  
760-940-5051 or visit [www.tricitymed.org](http://www.tricitymed.org)



**Tri-City Medical Center**

*Advanced Health Care, Personalized Just For You*