805 Connects Activity Reminder

Event: Social Friendship Group

This activity uses 3 authorized hours with 805 Connects

Date: February 19th, 2026

Time: 4:30pm - 7:30pm

Description:

Join our group therapy session focused on building social skills and exploring lifestyle changes that can boost your mood and outlook. Share experiences, gain practical strategies, and learn ways to create positive habits for a healthier, happier life.

How to Prepare:

There aren't any event specific details.

Pick up details for the day of the event:

- Pick-up time is 3:45pm-4:30pm
- An activity coach will call you during pick-up.
- Please be prepared, answer your phone, and be patient so we know you are still attending.