



BUILDING RECOVERY CAPITAL

INVEST IN YOUR RECOVERY!

New Group Starting July 10
Mondays, 3:30 PM - 5:00 PM

This new peer-led group is open to anyone who has faced challenges with substance use and/or mental health. Those who complete this 12-week program will be well on their way to a stronger recovery, having established practical habits and goals in line with their own personal values.

Join us if you are looking for encouragement, tools, and support to build a satisfying life in recovery. You will have already built recovery capital just by connecting with others!

Informational sessions will take place over Zoom on:

May 26, 2023, 10:00 AM - 10:30 AM

June 23, 2023, 10:00 AM - 10:30 AM

**LEVEL
UP**

LIMITED SPACE!

For more information, contact:

Catherine McLaughlin
cmclaughlin@callforhelpinc.org
(618) 397-0968 x271

Register by June 30

FREE!