















RECOVERY *connect*



A FREE 8 WEEK JOURNEY OF RECOVERY THROUGH CONNECTIONS

Recovery Connect is an eight week recovery journey where participants will learn how unresolved trauma can negatively impact both over-all mental health and physical health. Participants will be equipped with tools and connections to guide healing from past traumas.

BENEFITS OF PARTICIPATION:

-  Live with Less Anxiety
-  Learn Coping Skills
-  Improve Self Confidence
-  Understand the Importance of Social Connections
-  Learn Effective Communication Skills
-  Understand Healthy Relationships vs Unhealthy Relationships
-  Identify Types of Abuse
-  Regain Emotional Balance
-  Increase Assertiveness
-  Set Boundaries
-  Learn Healthy Stress Relief Options
-  Understanding Nutrition, Gut and Brain Health

begins

Wednesday, April 7, 2021

(for 8 consecutive Wednesdays)

schedule:

6 - 6:15 pm

free childcare drop off
(at Kids Kampus, must be registered for the class & childcare)

6:15 - 6:30 pm

sign in / connect time

6:30 - 7:15 pm

program with Kate DeWall, LISW

7:15 - 7:30 pm

self care with Sadie Hefel

7:30 pm

dismissed for child pick up

register today:

Call 563-252-3215

or Email:

family.resource.center
@guttenberghospital.org



An Affiliate of **MERCYONE.**

