

Renew Your Spirit

When

November 29th
7pm



Where

Connection Caf é
635 N. Central Ave



Renew Your Spirit is a family support group for those learning to cope with grief & loss, mental illness, or substance use disorders

Everyone is welcome to attend and share, or just listen and learn on November 29th, 7pm at the Connection Caf é



At this Renew Your Spirit meeting, we will be discussing the importance of balancing your time, which is especially important in down time

You are not alone



FAMILY SUPPORT GROUP MEETINGS