

March into Recovery



Recovering Together Cafe

THURSDAY, MARCH 26TH | 4:30 - 6:30 PM

ST. CROIX COUNTY SERVICES CENTER, NEW RICHMOND, WI 54017

JOIN FAMILY RESOURCE CENTER ST. CROIX VALLEY & ST. CROIX COUNTY FOR

This no-cost program is for families with young children in Pierce, Polk or St. Croix Counties healing from recovery/trauma or supporting recovery of addiction or trauma such as, but not limited to:

**SUBSTANCE USE DISORDER - MENTAL HEALTH - GRIEF - POSTPARTUM - UNHEALTHY RELATIONSHIP
EATING DISORDER - GAMBLING - MEDICAL CRISIS - OTHER TRAUMA**

Find ways to embrace change in various aspects of your life. Some questions/topics for discussion are:

ENVIRONMENTAL

- What things do you keep around you to make yourself feel grounded?
- How do you protect yourself in places that don't feel totally safe to you?
- How has (or could) a pet contributed to your recovery?

FINANCIAL

- How did you learn to feel safe with money?
- How do you determine the difference between your wants and your needs?
- In what healthy ways does money bring you happiness?

PARTICIPANTS RECEIVE

- **NO-COST MEAL**
- **CHILDCARE**
- **\$20 GAS CARD***
- **CHANCE TO WIN A GIFT BASKET**

**One per family*

REGISTER TODAY!

Scan the QR Code with your camera phone, visit frcscv.org/register-today/ or call 715.684.4440



Family Resource Center

St. Croix Valley

Serving Families in Pierce, Polk and St. Croix Counties