

April Showers, Stronger Flowers

Recovering Together Cafe

THURSDAY, APRIL 23RD | 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:

MENTAL & EMOTIONAL

- What person, place, or thing supports your emotional well-being?
- What have you learned that has helped you move forward?
- What coping skills have you learned to deal with emotions, and how did you learn them?

PHYSICAL

- What do you put into your body that contributes to your well-being?
- How is your health related to the health of the larger world?
- How have improvements to your physical health improved your social well-being?

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