

RECOVERING TOGETHER CAFE

BREAK THE STIGMA, NOT YOUR SPIRIT

MENTAL HEALTH AWARENESS MONTH



THURSDAY, MAY 28TH | 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:

SPIRITUALITY

- When someone's behaviors really offend or hurt you, how do you stay kind?
- What places do you go to in order to find peace?
- What does kindness mean to you, and how do you embody it?

MENTAL & EMOTIONAL

- How do you achieve feeling your best self? Mentally and emotionally?
- How do you manage your emotions in a positive way?
- How do you stay positive when circumstances are hard?

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 frcsv.org/register-today/ or call 715.684.4440



Family Resource Center

St. Croix Valley

Serving Families in Pierce, Polk and St. Croix Counties