



Chill & Thrill

SUMMER

Beach Party

RECOVERING TOGETHER CAFE

THURSDAY, JULY 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:

FINANCIAL

- What are your boundaries around loaning people money?
- How has recovery allowed you to regain your financial footing?
- How do you determine the difference between your wants and your needs?

MENTAL & EMOTIONAL

- What are some positive ways for you to deal with stigma?
- How do you manage your thoughts and feelings to keep your recovery moving forward?
- How does your environment affect your mental/emotional health?

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 frccsv.org/register-today/ or call 715.684.4440



Family Resource Center
St. Croix Valley
Serving Families in Pierce, Polk and St. Croix Counties

