



We Need

SMORE

*people like you
in this world!*

RECOVERING TOGETHER CAFE

FRIDAY, SEPTEMBER 11TH | 11 AM - 1 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

- Where do you fit in best, and how has that shifted for the better over the course of your recovery?
- How do you become familiar with a new place?
- What creates a safe environment?

PHYSICAL

- What does "eating healthily" mean to you?
- What healthy habits have helped you in recovery?
- What energizes you?

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 frscv.org/register-today/or call 715.684.4440



Family Resource Center

St. Croix Valley

Serving Families in Pierce, Polk and St. Croix Counties