New Year, New Possibilities

RECOVERING TOGETHER CAFE

THURSDAY, JANUARY 7 | 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 FREE 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:

SOCIAL

- What are some positive social pastimes that you enjoy?
- Who is in your positive support network?
- How do you overcome shame and/or guilt in your relationships?

PHYSICAL

- In your recovery process, how has your diet changed?
- What energizes you?
- How do you take care of your physical 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 frcscv.org/register-today/or call 715.684.4440

St. Croix County Wisconsin
Innovation Through Cooperation

Child Abuse & Neglect Prevention Board Wisconsin

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