



Merry
&
Mindful

RECOVERING TOGETHER CAFE

TUESDAY, DECEMBER 8TH | 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 is your happy place?
- What did you do for self-care today?
- How do you deal with stereotypes about your struggles?

SPIRITUAL

- In your experience, how is loving yourself related to loving others?
- How do art and creativity nurture your spirit?
- How do you find sunshine on a rainy day?

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

