



CARE. COMMUNITY. CULTURE.

H.O.P.E

Healing Our People Through Education

A support group for those who are walking the Red Road to Recovery

All sessions will be held in the Behavioral Health Department on Tuesdays and Thursdays from 3PM-5PM

This course is designed to help individuals who want to maintain total Wellbriety and sobriety, to successfully cope with life's struggles, manage emotional issues, and to learn tools for enhancing their quality of life while recovering from addiction and alcoholism. This course also includes learning the skills and techniques for preventing relapse.

**For more information contact
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All Are Welcome

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