

MARCH 2024 VIRTUAL WELLNESS GROUP

RECOVERY-ORIENTED EDUCATION THAT TEACHES THE TOOLS TO EMPOWER AND ENLIGHTEN IN YOUR RECOVERY JOURNEY. VIRTUAL WELLNESS GROUP IS BROUGHT TO YOU BY DARLENE SMITH, DOUGLAS COUNTY RECOVERY NAVIGATOR! FREE AND OPEN TO THE PUBLIC!



Fridays 4:00-5:00 pm

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**DISCUSSION:
GRATITUDE**



8

**DISCUSSION:
CRAVINGS AND HEALTHY COPING STRATEGIES**



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**DISCUSSION:
BAD HABITS**



22

**DISCUSSION:
ISOLATION RISKS**



29

**DISCUSSION:
LEARN HOW TO MAKE AND PLAN A DAILY LIVING SCHEDULE**



Please register by
scanning QR code
or contact Darlene Smith



lorettas@hourhouserecovery.org



217-549-7481



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