



A free and confidential, 8 – session recovery-focused educational program for adults aged 18+ years old, living with a mental health condition(s) or the symptoms who are looking to better understand themselves and their recovery (even if they are self-diagnosed). It is led by peers with mental health conditions, offers respect, understanding, encouragement, and hope while building on the strength and resiliency of participants.

Saturdays 2:00 – 4:30 p.m.

August 3 – September 21

Breakthrough Club, 1010 N. Main St., Wichita

Instructors: David Larson, Timothy & Tara Gwynn

REGISTRATION REQUIRED, PLEASE USE QR CODE TO THE RIGHT OR FOLLOW THIS LINK:

<https://forms.gle/dmLXtt2MDCYbH7oM6>

Topics Covered

Future Vision and Goals

Partnering with Health Care Providers

Relaxation and Stress Reduction Tools

Sharing Your Story

Communication and Problem Solving

Treatment Options

Develop Confidence in Decision Making

And more!

www.namiwichita.org

P.O. Box 2435

Wichita, KS 67201

316-686-1373

FOR ASSISTANCE, CONTACT

T.GWYNN@NAMIWICHITA.ORG or 316-250-6188

