



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.

**Wednesdays 6:00 – 8:30 p.m.**

**June 18 – August 6**

**Breakthrough Club, 1010 N. Main St., Wichita**

**Instructors: Tara Gwynn, Brianna Mallett, Alliey Talley, Sharen Dare**

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

<https://forms.gle/14NTj7vy1hG81B4R9>

## 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](http://www.namiwichita.org)

P.O. Box 2435

Wichita, KS 67201

316-686-1373

**FOR ASSISTANCE, CONTACT**

[T.GWYNN@NAMIWICHITA.ORG](mailto:T.GWYNN@NAMIWICHITA.ORG) or 316-250-6188

