

New Recovery Group at The Arenac Center!

BALANCE

Looking for some?

Everyone is! Join us!

B ^{eing aware}
of our A ^{ttitudes}
and L ^{earning}
self-A ^{wareness}
We are N ^{oticing}
C ^{hange}
E ^{veryday}

WHEN: THURSDAYS!

TIME: 10:00 a.m.—11:30 a.m.

WHERE: BABHA Arenac Center
1000 W. Cedar Street (M-61)
Standish Michigan

Join Laurie VanWert, Peer Support Specialist
And Beth Ureche, BAM Peer Support &
CCAR Recovery Coach, as we venture on this
journey of recovery together! Whether you
are in recovery from substances or mental
health related disorders—and especially if
you have been afflicted by BOTH, this group
is for YOU! Come give and get some ideas
and catch the HOPE!!!

Call 989-513-0103 with questions!