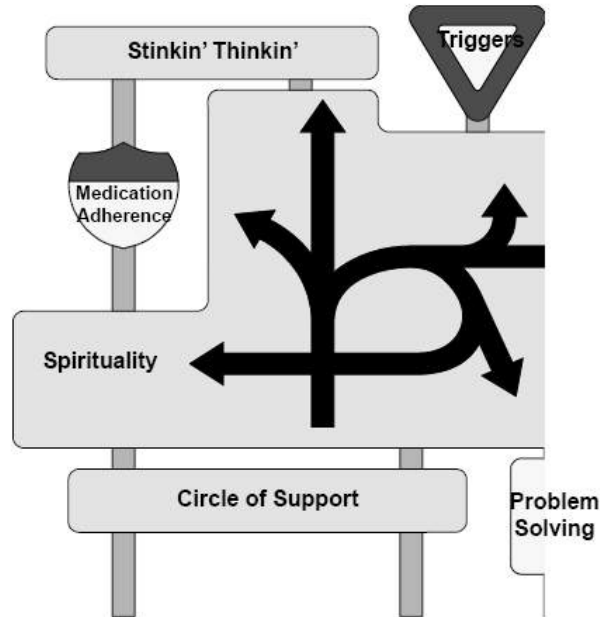


MAP

My Action Plan for Relapse Prevention & Steering Emotions



Discover how to prevent relapse related to mental health and/or substance abuse. The group will discuss how to create a pattern of living that enhances recovery and remission. We will explore the many dimensions of wellness and help empower you to build a MAP for steering your emotional, mental, and spiritual well-being.

Meets on Wednesdays

1:45-2:45 PM

WELLNESS & RECOVERY ROOM

307 W. Chicago Rd.

Suite #260

Sturgis, MI 49091

Questions? Contact Rebecca at (269) 467-1001, x.363

Brought to you by the Wellness & Recovery Team of CMHSAS of St. Joseph County