

STRUGGLING??

Need support? Need skill reminders?
Join us at RTC-Behavioral Health
for drop-in relapse prevention groups twice a week

When:

- **Mondays 5:30-7pm (dinner on your own)**
- **Fridays 11:30am-1pm (light lunch included)**

Where: Behavioral Health

Drop-in: This means you come when you can! As often as you want

Topics: Red Road teachings, Step work, relapse prevention skills, mindfulness, medicine wheel teachings, case management services.



Why attend?

It works to be around others!

Sobriety is traditional!

Culture is part of sobriety!

BH wants you here!

Free lunch!

Reconnect with staff!!