

# Pathways to Recovery & Wellness

**Description:** A peer-driven, strengths based workbook to discuss various roads to recovery, including:

- **Focusing on wellness goals that improve quality of life, not just reduction of symptoms** (i.e. housing, meaningful activities, building friendships and relationships, volunteering, returning to school or work)
- **Making it past detours, roadblocks, and challenges**
- **Motivation and hope for future**



What: Pathways to Recovery and Wellness

Where: 35 Medford Street, Suite 111, CSRLC

When: Wednesdays, 1:00 P.M. -2:15 P.M.

Any interested peers can drop in to this group at any time.