



WELLNESS RECOVERY ACTION PLANNING

Self-Care & Support

For people in recovery from mental illness, addictions, trauma and other challenges... Join us!

DUBUQUE:

The 8 week program will take place on...

Mondays! June 7 – July 26.

**From 4pm to 6pm, at the Hillcrest
WELLNESS CENTER**

United Way Building, 225 W. 6th Street,

MAQUOKETA: NEW LOCATION!

The 8 week program will take place on...

Tuesdays! June 1 – July 20.

**From 4pm to 6pm, at the First United
Methodist Church of Maquoketa!**

1019 Wesley Street, Maquoketa Iowa.

For more information contact **Carolyn**
563-590-7852 or
carolyn.lange@hillcrest-fs.org

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