

FREEDOM FRIDAYS

Learn about the impact of Mental Health
and Addiction in Recovery.

FRIDAYS 1PM

EXPERIENCE FREEDOM

*Discussing Mental Health & Addiction can help
improve & sustain long lasting Recovery by:*

- Eliminating Stigma
- Preventing Isolation & Loneliness
- Improving Mood & Self-Esteem
- Finding a Better Way of Life

Capital Recovery
• C E N T E R •

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