



Join Us For

# GratiTuesday

*What are you grateful for?*



- Gratitude List
- Group Conversation
- Journaling
- & other activities



Learn how gratitude can help build happiness, self-esteem, and more, through activities & peer support.



**Tuesdays**

**12:00 pm**

**856-391-7449**

**72 N. Pearl St - Bridgeton NJ 08302**

**[www.co.cumberland.nj.us/recoverysupportservices](http://www.co.cumberland.nj.us/recoverysupportservices)**