



Helping Women Recover

DATES: Tuesdays

March 19—June 4, 2024

TIME: 4:30—6 pm

LOCATION:

1619 S. High Ave, Ames

**Helping Women
Recover**

is a 12 week substance use treatment support group for women ages 18 and older. Topics include self-esteem, trauma, and relationship issues.

To RSVP

Contact Community and Family Resources at

515-232-3206

to schedule an appointment. Limited space available, call soon.



COMMUNITY & FAMILY
RESOURCES

Inspiring prevention, treatment and recovery