

# Renew Your Spirit

## When

November 29<sup>th</sup>  
7pm



## Where

Connection Caf é  
635 N. Central Ave



*Renew Your Spirit is a family support group for those learning to cope with grief & loss, mental illness, or substance use disorders*

*Everyone is welcome to attend and share, or just listen and learn on November 29<sup>th</sup>, 7pm at the Connection Caf é*



*At this Renew Your Spirit meeting, we will be discussing the importance of balancing your time, which is especially important in down time*

*You are not alone*



**FAMILY SUPPORT GROUP MEETINGS**