



## Regaining Pride



*"A safe and confidential environment where individuals can freely express themselves and learn about meaningful and healthy recovery tools designed to increase self-nurturing behaviors and gain a more meaningful understanding of difficult experiences"*

**September 5th - November 21st**

**Thursdays, 6:00 pm to 7:00 pm**

*\*12-week group\**

Led by Tyler Radzevich-Mueller, MSW, QMHP

Cost: \$150

5080 N. Elston

Chicago, IL 60630

**For questions, please call: 773-506-3022**