

PREGNANCY AND POSTPARTUM MOTHER'S

Substance Use Disorder Recovery Support Group



Every Tuesday - 4:00 PM
635 Maple Avenue
3rd Floor
DuBois, PA

Refreshments and light fare provided, transportation assistance available*.

For more information, call
814-375-6206

Support group topics:

- Life management skills
- Anger and aggression
- Building resiliency
- Lifestyle wellness
- Personal and intimate relationship skills
- Substance abuse and recovery
- Communication skills
- Domestic violence survival
- Conflict management
- Practical life skills
- Essential work skills
- Discovering your spiritual path

www.phhealthcare.org

** Transportation assistance is provided in the form of a \$10 Sheetz card to those who qualify.*



**Penn
Highlands
Healthcare**

**The Maternity and
Child Center**
Advanced Medicine. Here.