



Reach One Mid-Hudson Regional Recovery Center

"Each One, Teach One"

Women's Workshop

Join us for a FREE, seven-week peer workshop for women. Group meets every other Thursday, from 12pm to 1pm to focus on positive self-image and wellness. Invest in yourself and learn that incredible things happen when you learn about and have the tools and resources that you need to support your well-being.



Workshop Dates:

Nov. 15th & 29th; Dec 13th & 27th; Jan 10th & 24th; and Feb 7, 2019.

Certificate of completion is available.

For more information or to register, contact Pamela, a Peer Recovery Specialist at (845) 725-1244 or visit our office located at: 135 Grand Street, across from the Newburgh Library.

Mid-Hudson Recovery Community & Outreach Center
135 Grand St. (rear entrance) Newburgh, NY 12550
Phone: (845) 725-1244

The potential for recovery lies within each of us



www.MyIndependentLiving.org