



Connect ♦ Share ♦ Repair A Peer Support Group for all



Peer support is a resource for emotional & mental survival, Peer support should remind you that you're not alone

**Bi-Weekly on Saturdays
1:00pm**

**436 S Ohio (Independent Connection Building)
For Questions please call Chelsey
785-452-9580 or 785-643-8475**

Also connect with us on our Face book page *Connect Share Repair- a Peer Support Group for all-* Connection Session

∞ Better Together , We welcome everyone ∞

∞ Come to share, Come to listen, Come to build something bigger and better than just yourself, You never know whose life you might change from your story or experiences. ∞

♦CONNECT♦SHARE♦REPAIR♦



Are you or someone you know looking for added support in your life in any of the following areas? This group could be for you!

- To be more independent
- To value ourselves
- Recognize our qualities
- To love ourselves
- To build a connection and receive support
- To liberate ourselves
- Empower
- Share your story
- Find Forgiveness
- To have solidarity within a group
- Find guidance and light
- Mindfulness
- Emotional Awareness
- Life Planning
- Coping skills
- Loss, Grief
- Inspiration
- Build a strong community of support & a connection with other peers with life experiences
- Discuss mental health or other struggle areas, including but not limited to addictions, failures, successes, family/ friends relationships etc.
- Plus much more, Peer driven group - topics discussion etc.

