

September is
National
Recovery Month

NAMI ENGAGE

COMMUNITY-FOCUSED EDUCATIONAL EVENTS

in collaboration with

atTACK addiction

www.atTACKaddiction.com



Writing for Healing

Letter
Writing for
Recovery

Light Refreshments
will be served.

If you or a loved one is living in, working toward, or hoping for recovery, discover how letter writing may provide you a sense of healing.

Where: Crossroad Community Church
in Georgetown, Delaware

When: Thursday, September 20, 2018
6:30pm-7:30pm

This workshop is FREE but registration is required: namidelaware.org/events

Facilitated by writers with lived experience supporting loved ones in recovery, this workshop is not considered mental health or substance use disorder therapy.

NAMI Delaware, the National Alliance on Mental Illness in Delaware, is a non-profit organization dedicated to improving the lives of people with mental illness and their families. Our mission is to support, educate and advocate until there is a cure.