

**Mental Wellness
Support Group
Wednesdays
p.m.-8:30 p.m.**

A confidential support group for people struggling with mental health.

- Caring
- Non-judgmental
- Understanding
- Relatable
- Help
- Support
- Friendships
- Resources



**Kootenai Recovery Community Center
120 E Anton Coeur d'Alene, ID 83815**

**Contact Joy: 208-625-0410
joy@kootenairecovery.org**