

Rooted in Resilience



WELLNESS & RECOVERY GROUP

Discover peace, harmony, and balance as you explore a supportive path designed to help you strengthen and maintain your recovery.

Join us for a **7-week guided interactive journaling journey** focused one week guided:

- Intellectual Wellness
- Emotional Wellness
- Physical Wellness
- Spiritual Wellness
- Social Wellness



**Every Wednesday, Starting May 6
12 PM – 1 PM AKST**

**Registration will remain open until March 27, 2026.*

Why Join Rooted in Resilience?

- Build skills to maintain long-term recovery
- Connect with others on a similar journey
- Learn holistic wellness practices

FOR MORE INFORMATION, CONTACT:

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