



# Recovery Out Loud Workshop

Co-Hosted by SPRC

Thursday, August 29, 2019

11:00 AM - 2:00 PM

Hope for Holyoke Recovery Center

100 Suffolk Street Holyoke, MA



The purpose of Recovery Out Loud is to bring ideas and the experience of peer support to those from many backgrounds. We share the richness of our lived experiences, learn with and from each other, and connect with one another through peer support.

This is an interactive workshop based on self-determination, authenticity, and fun that can foster personal growth through doing a variety of group exercises.

For details about this **FREE** event contact: Scott at The Transformation Center

617-442-4111 (ext 315) or via text at 508-971-5421 or contact

Julie Gagne via email [jgagne@gandaracenter.org](mailto:jgagne@gandaracenter.org) or call 413-561-1020

Lunch will be provided by the Springfield Recovery Center (SPRC)