

Better Days

A Mental Health Recovery Workbook

Activities Social Group

Next meeting:
Wednesday, May 9th at 2PM

Westchester Independent Living Center
10 County Center Rd – 2nd Fl.
White Plains, New York 10607

Please contact Betty to RSVP
(914)682-3926 or email
bcruzroman@wilc.org

We will review and interact on the
following worksheets;

1. Coping Skills
2. Being Self-Aware
3. Getting our Needs met

The session will end with reading of
positive quotes.

