



Recovery & Spirituality

IN-PERSON WORKSHOP
FRIDAY, NOV 5TH
12:30PM-2:30PM

Learn to build resilience through gaining self-awareness as you explore the practice of living a mindful life with purpose. This workshop focuses on practical and powerful life tools for developing the self-empowerment skills supportive of your daily recovery journey.

15-PERSON LIMIT
REGISTER AT [PSNRI.ORG/WELLNESS](https://psnri.org/wellness)

Location: 535 Centerville Rd, 3rd Floor, Warwick, RI

