

ELAC Student Health Center in  
partnership with L.A. CADA

# ROAD TO RECOVERY SUPPORT GROUP

This group is designed to provide a supportive space for people recovering from misuse of drugs & alcohol:

- Learn different ways to manage recovery
- Discover healthy coping skills
- Achieve a positive & balanced lifestyle
- Conquer life challenges with peers
- Meet people to share stories with
- Receive encouragement

## TUESDAYS

6:00 P.M. ON ZOOM

<https://tinyurl.com/12-step-support>



**MORE INFO**

Contact Gilbert Vasquez at  
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