Everyone is welcome to attend!!

Detox the Mind

This month we will use the expressive and artistic side of our brains to communicate and to heal. This is great for those things we may not be able to put in to words. Come and socialize, create art, make some noise, and learn methods for healing without using language!

RSVP online www.ProsumersInternational.org

A consumer led, consumer developed program that has you focus on wellness and recovery.

Questions? Call Prosumers San Antonio at 1-800-577-3795 x 804 or email ProsumersSanAntonio@ProsumersInternational.org