



RECOVERY CAFE LAFAYETTE & INDY PRESENT:

SCHOOL FOR RECOVERY
**COPING SKILLS
DURING COVID19**

- PART 1: MAKING YOUR PERSONAL TOOLBOX**
- PART 2: ART OF MEDITATION & MINDFULNESS**
- PART 3: CREATING YOUR RECOVERY ACTION PLAN**

Come learn about a variety of coping skills you can put into action while social distancing in a 3-part series

Dates: Saturday, May 16th @ 1-2pm
Saturday, May 23rd @ 1-2pm
Saturday, May 30th @ 1-2pm

JOIN US WITH ZOOM:
[HTTPS://US02WEB.ZOOM.US/J/88168087122?](https://us02web.zoom.us/j/88168087122?pwd=RWLYSKVHCUVJM3NYLOVQC3JEVFIYZZ09)
[PWD=RWLYSKVHCUVJM3NYLOVQC3JEVFIYZZ09](https://us02web.zoom.us/j/88168087122?pwd=RWLYSKVHCUVJM3NYLOVQC3JEVFIYZZ09)