

ARE YOU HAVING TROUBLE KEEPING NEW YEAR RESOLUTIONS?

Please let us know if...

- You would like to learn the skills necessary to achieve your New Year's Resolutions!
- You would like to recover from life's trying moments and challenging circumstances!
- You are ready to feel better and live the life you have always wanted to live!
- You are ready to experience the reality of mental health recovery!



Contact Gift of Voice

*Ask about Wellness Recovery
Action Plan (WRAP®)*

Gift of Voice

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*Special thanks to the Madison County
Mental Health Board for their generous
support of this evidence-based practice!*

RECOVERY IS POSSIBLE. WE ARE THE EVIDENCE.