

Disability Awareness Resource Team (DART) Presents Healing Pathways

Are you a woman over the age of 18 who has a physical disability and has experienced depression? You are not alone! Join us for a peer-to-peer journey with other women in a small group setting to create the positive changes you have within. Learn how to better understand yourself, be equipped with tools and techniques for healthy living, and form relationships with other women. This fourteen week series of classes will provide you with the tools to self-manage depression and look to a brighter future.

For more information about **Healing Pathways, contact Jan Campbell 503.988-6481 or Janc988@aol.com**

If you would like information about DART please contact Jill Tucker jillrtucker@gmail.com or 503.988.6481. Interested about volunteering? Contact Sue Winfree 503.988.6488 or suewinfree@hotmail.com.

Healing Community Empowerment

