

# **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](mailto:Janc988@aol.com)**

**If you would like information about DART contact us at 503.988.6481. Interested about volunteering? Contact Sue 503.988.6481 or [suewinfree@hotmail.com](mailto:suewinfree@hotmail.com).**

## **Healing Community Empowerment**