

# NEXT CHAPTER



**A therapy group for men returning to the community after incarceration**

Starting over can be hard. You don't have to do it alone. This is a space to talk, listen and get support. **Ask your provider for a referral.**

## **In this group, you can:**

- Talk about life after release
- Learn ways to handle stress
- Set goals for your future
- Focus on what comes next
- Get support from others with similar experiences

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**Wednesdays | 11 AM - 12:30 PM**

Starting April 15, runs for 10 weeks

Snacks provided

**Questions? Contact Case Manager Ricardo Burks:**

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