



She Recovers

Peer-Led Group for Women

theUpcenter
SINCE 1883

A Safe Space for Healing, Growth & Resilience

Join She Recovers — a supportive group created just for women, facilitated by a certified Peer Recovery Specialist. This is a nonjudgmental space where you can feel heard, supported, and empowered.

Women Supporting Women. Every Step of the Way.

What We Focus On:

- Substance Use Recovery
- Mental Health Wellness
- Healing from Trauma
- Navigating Life Transitions

In-Person or Virtual

Norfolk

Wednesdays | 6:00 - 7:00 PM

FREE! Registration required | Ages 18+



Register Today!

Contact for more info: 757-965-8623
outpatientcounseling@theupcenter.org