

Peer Support Groups

Support Squad (Teen) (Via Zoom) Bi Weekly

Ages 16-20

Wednesday, September 14th, 2022

6:00 - 7:00 PM

Women's Support Group (In Person @ DRC)

Ages 20+

Thursday, September 22nd, 2022

3:00 - 4:30 PM

The following topics will be introduced to the groups:

Setting Boundaries * Social Skills * Coping Skills

Healthy Relationships * Self Worth * Confidence



A Center for Independent Living



Contact Julee Opel 815-729-0162 julee@drcjoliet.org for more information.