

Join Our **VIRTUAL**
Discussion Groups



Let's Talk

Mindful Connections of Our Spirit

Are you at wit's end?

DISCOVER HOPE

All are welcome!
Including those experiencing
and recovering from
addiction or mental illness
or who are otherwise at risk

Mondays
2:30pm to
3:30pm

Thursdays
9am to
10am

**Come and join us as we explore our
"Spirit" of Wellness**

offered by Emmaus Institute Inc.

for more information

Email: emmausincounseling@gmail.com

Call: 603-886-3760



Luke 24: 13-35

