



Empowering
individuals to realize
THEIR POSSIBILITIES!



Only 1 in 5 Teens with Depression
Get Help!

509-619-0519

Located in Kennewick

RECOVERY & WELLNESS CENTER *OF EASTERN WASHINGTON*

6-Week Healthy Student Program

This Intensive Outpatient Program (IOP), is a skills-based program designed to help students and young adults increase their awareness of the emotional, thought and behavioral patterns that contribute to success.

Learn How to Manage:
School Anxiety/Stress
Social Anxiety
Goal Setting
Focus and Attention
Emotional Regulation
Nutrition

www.recoveryandwellness.org