

**SPOKES
Unlimited**



**A Resource Center for
People with Disabilities**

Healing Pathways

Are you interested in:

- ❖ Learning new ways of overcoming barriers?
- ❖ Experiencing new supportive relationships?
- ❖ Empowerment?
- ❖ New coping skills?
- ❖ Working with a team that cares about your success?
- ❖ Community

**This is a 14 week, peer-lead group,
for women with disabilities who
experience depression.**

Next class is starting June 2016

**For more information call
SPOKES Unlimited
541-883-7547**