

Transitioning Through Barriers

**A
NEW
GROUP!**

Are you, or your family members, feeling overwhelmed with leaving a facility, Rehab, jail or prison, and entering back into society? There is a place for you to learn how to deal with feelings, and how to overcome barriers in a safe and confidential environment.



- Are you having re-entry issues?
- Having difficulty finding work?
- Do you need assistance from local agencies?
- This group is open for anyone that has faced an issue with barriers.
- Find the answers you need to facilitate a better transition into society.

It may seem impossible, but it's not. Don't look back at the past. Look forward to a new journey. **You can do it!**

- **Every Friday**
Starting October 26, 2018
- **12:30-2:00 pm**
- **Lowville Free Library**
5387 Dayan Street
Lowville, NY

NRCIL
Northern Regional Center for Independent Living
7632 North State Street
Lowville, NY 13367
Contact: lucyjot@nrcil.net, scottd@nrcil.net
Please call 315-836-3735 or 315-785-8704(TTY)
For more information or to request reasonable accommodations