Latah Recovery Center

Come and Check it out

We have been there, and we are here to offer peer-support on your journey. Visit the Latah Recovery Center and let us help explore your options for support in the community.

and

You can "give back" by helping others in the recovery community.

Recovery is a two-way street, "you get help and you give help"

Volunteers needed

Latah Recovery Center

531 S Main Street #B
Moscow, ID 83843
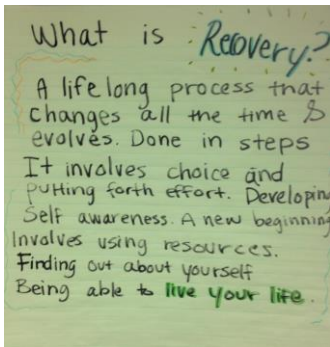**Phone: 208.883.1045**
LatahRecoveryCenter@gmail.com

Individual, Family Members, Friends and Allies are Welcome

Free and open to all

Latah **RECOVERY** Center

a community of peer support

Mental Illness & Substance Use Disorders

July 2015
Phone: 208-883-1045

A place of support on the journey to wellness recovery

What Is Recovery???

SAMHSA has established a working definition of recovery: a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.

Anyone who feels alone with problems they can't solve is welcome to come in the door and get help or find the resources within our community

Programs Offered

- Coping Skills
- Positive Affirmations
- Dialectical Behavioral Therapy- Mindfulness
- Wellness Recovery Action Plan
- 12-Step Programs
- Tobacco Cessation Classes
- Health & Medication
- Nutrition & Exercise
- Building Self-Esteem
- Role-Playing
- Creative Art

Check our calendar to see this months programs.

Services Offered

- One-Stop Shop
- Person-Centered
- Peer-Support
- Structured Classes
- Resources
- Telephone Recovery Support

Are there things in your life holding you back?

Preventing you from living at your full potential?

Stop by the Latah Recovery Center for some ideas what to do about it.

- Volunteer centered
- Family support
- Recovery training
- Recovery oriented social events

Telephone recovery support

At your request we will have our peer volunteers in recovery call you. A positive voice of experience that can help you in your recovery when and where you need it most.

We offer a community of peer support. We need YOUR help to make it happen!