

# Red Road to Wellbriety

Northern Valley Indian Health

175 W. Court Street Woodland, CA 95695

**BRAND NEW SESSION**  
**WEDNESDAY, FEBRUARY 14th, 2018**

**REGISTRATION  
REQUIRED TO  
ATTEND THIS 12  
WEEK COURSE**



3 pm to 4:30 pm

1. February 14<sup>th</sup>, 2018
2. February 21<sup>st</sup>, 2018
3. February 28<sup>th</sup>, 2018
4. March 7<sup>th</sup>, 2018
5. March 14<sup>th</sup>, 2018
6. March 21<sup>st</sup>, 2018
7. April 4<sup>th</sup>, 2018
8. April 11<sup>th</sup>, 2018
9. April 18<sup>th</sup>, 2018
10. April 25<sup>th</sup>, 2018
11. May 2<sup>nd</sup>, 2018
12. May 9<sup>th</sup>, 2018

## 12 step Recovery Group

The Red Road to Wellbriety is a journey of hope and healing for Natives seeking recovery from addictions. This is our book to read, to use, and to study as we take our own Red Road journey to being clean and sober with Wellbriety in a *Spiritual, Emotional, Mental, and Physical* way.

Contact for more information or to register:

Mike Duncan (CADC II) – Concow/Wailaki/Wintun

530.661.4400 Behavioral Health Department