

# Do you struggle with depression, low self-esteem or addiction? **WE CAN HELP!**

If you have TennCare or Behavioral Health Safety Net, you are eligible to participate in programs at the Peninsula Lighthouse campus. Our goal is to assist individuals in developing social functioning and a sense of wellbeing in a safe and supportive environment. **The Recovery Education Center (REC)** is an educational program that focuses on preparing you for success toward your life goals.

Classes meet Monday through Friday from 9:15 a.m. to 12 p.m. or from 1 p.m. to 3:45 p.m. Topics include:

- Emotional Management
- Wellness Recovery Action Plan (WRAP®)
- Boundaries/Healthy Relationships
- Effective Communication
- Mindfulness/Relaxation
- Addiction/Codependency
- Spirituality
- Healthy Social Supports

Enjoy life again by eliminating or managing negative thinking, low self-esteem and depression. The **REC** program is appropriate for those wishing to learn skills to prevent relapse from addiction and/or debilitating symptoms of mental illness.

If you are ready to make a change and receive services at Peninsula, contact your Doctor, Therapist or HealthCare Outreach Specialist for a referral.

If you do not receive services at Peninsula, call **(865) 970-9800** to make an appointment.

**Recovery Education Center**  
**Peninsula Access Center**  
**(865) 970-9800**  
**[www.peninsulabehavioralhealth.org](http://www.peninsulabehavioralhealth.org)**

