

NEWSLETTER

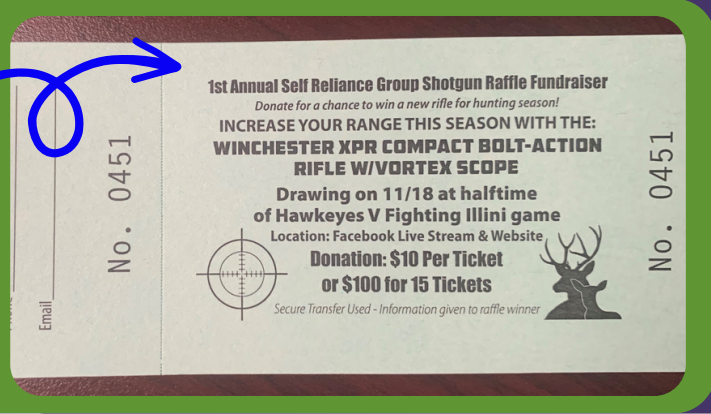


When was the last time you rolled out of bed, feeling down about the coming day or just not motivated to care for yourself? Hopefully a while ago; but our neighbors with mental health diagnoses &/or intellectual disabilities experience this feeling frequently.

Thank you for supporting The Group's work to foster Self Reliance through personal hygiene practices!

OCTOBER ACTIVITIES:
HYGIENE PRODUCT DISTRIBUTION

- 12 DMC residents with mental health diagnoses &/or intellectual disabilities collected products in October
- Remaining hygiene products will be packaged into individual care packs
- The Group is partnering with local law enforcement & area LTSS providers to expand distribution outreach



Last Chance!

Support The Group's mission by purchasing a raffle ticket before the drawing on **11/18!** Call or stop in at:

(319) 671-7152
www.self-reliance-inc.com

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