

THE WELLNESS CIRCLE

Recovery Support Group

You Are Not Alone.

Recovery can flourish when you connect with others.

The Wellness Circle Recovery Group is a peer-led, in-person support group for individuals experiencing mental health challenges.

This is a welcoming support group focused on:

- Sharing lived experiences
- Coping strategies for recovery
- Emotional encouragement
- Empowerment
- Building connection and community

Our goal is to create a circle of understanding where members will be uplifted, feel compassion, find inspiration for the future and be surrounded by support.

Friday 3.20.2026 from 5:30 - 6:30

8515 W Overland Rd Boise, ID 83709