

Wellness Network

Offered by YWCA Metropolitan Chicago
Let's find the best path to a happier and healthier you



For more information contact
Wellness Network staff at:
773-302-2046
Or email:
wellnessnetwork@ywcachicago.org

FREE PROGRAM!

- ❖ Are old wounds still affecting you today?
- ❖ Do you need a judgement-free zone, a place for healing, and someone to talk with?
- ❖ Do you just want to feel physically better?
- ❖ Are you experiencing overwhelming stress, anxiety, or depression?
- ❖ Do you need help finding and accessing community resources like healthcare, childcare, employment, and housing?

The steps you take today can empower your overall health and wellness tomorrow. Wellness Network therapists and case managers can assist you in taking steps in your health and wellness journey.

Who:

Children (3 and above),
Adolescent and Adult

Where:

YWCA Laura Parks &
Mildred Francis Center:
6600 S. Cottage Grove
Ave., Chicago, IL 60637

When:

Daytime and Evening
Hours; In-person and
online sessions

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