

*“PIER has given me a new lease on life and a way to release my depression.”*

*-Erin C.*

*“Anytime I need someone to turn to or a place to run to the PIER is always there.”*

*-Regina M.*

*“I am a better person now than I was. I thank the PIER for its wonderful support.”*

*-Richard H.*



*“During my struggle with mental illness, I found the PIER. The PIER has helped me deal with my everyday issues.”*

*-Tim C.*

*“I came to the PIER because I was going through a lot in my life and I started to get depressed. I have met a lot of good people at the PIER and they help me.”*

*-Lisa W.*

*“Being at the PIER has helped me be on an even keel. I get as much help with my depression as I give, in supporting our clients in their recovery.” After my hospital stay I went into IOP at St. E. Edgewood. After IOP I felt the need to help others. Then I heard of the PIER, peer to peer support groups. PIER is my safe place; I look forward to going there every day. I feel like PIER has filled a hole in my life that I never knew how to fill.*

*-Louis W.*



Personal Involvement Empowering Recovery  
1002 Monmouth Street, Newport, KY 41071-2117  
(859) 547-6539 [www.mhankyswoh.org/pier](http://www.mhankyswoh.org/pier)

- **Attacking Anxiety**
- Anger Management
- **Bingo**
- Cooking Healthy, Inexpensive Meals
- **Computer Basics**
- Creative Crafts
- **DTR (Double Trouble in Recovery)**
- Effective Problem-Solving
- **HA (Heroin Anonymous)**
- Hugh's Beat the Blues
- **Manage Your Stress**
- Parenting Skills
- **Recovery 101**
- Recreation Night
- **Relationships Support Group**
- Wellness Support Group
- **W.R.A.P.® (Wellness Recovery Action Plan®)**

Call (859)547-6539 for information on days and times of classes

