

# how to COPE

Tuesdays | 6:00 - 8:00 pm  
**JULY 23 - SEPTEMBER 3**

**This seven-week course, presented by First Call, is for Jewish family members and friends who are impacted by a loved one's substance use disorder, addiction, or untreated mental illness.**

*How to Cope* helps participants age 18+ overcome the related physical, psychological, and social effects, and build a healthy life for themselves.

*Facilitated by Shelby Krech, MPS, MAADC-II, C*

**jfs**  **KC**

JFS Brookside  
425 E. 63rd Street  
Kansas City, MO 64110

*To register, scan the  
QR code below or visit  
[firstcallkc.org](http://firstcallkc.org)*

**first call**

