

Substance Use Recovery

Wellness Art Group

A peer-led group using art expression as a form of discussion for healthy coping. We will focus on building coping strategies for living in recovery from substance use and/or co-occurring mental health challenges.

Art supplies are provided, the group is free and open to all Dane county residents.



Wednesdays
1:00 - 2:30 pm

The Wellness Studio
2647 Milwaukee Street
Madison, WI 53704

Call Recovery Dane for any questions or feel free to drop in
608-237-1661 info@soarcms.org



Rene Simon is Peer Support Specialist through SOAR's Recovery Dane program. She brings to her work decades of lived experience in dealing with major depression, generalized anxiety, chronic suicidality, hospitalization, eating disorders, addiction, and post-traumatic stress disorder (PTSD).

She has utilized many pathways to find her own personalized road to recovery, including one-on-one counseling, art therapy, group therapy, the Twelve Steps, yoga, IFS, EMDR, CBT, DBT, and mindfulness. She lives in Madison, WI with her family and three dogs.