



# Code 4 Together

A time to come together to focus on healing from the effects of posttraumatic stress, anxiety, and depression.

Group support, processing, and education to learn more effective coping skills and develop a better sense of well-being.



**Tuesdays 6 to 7:30 p.m.**

**Fridays 9 to 10:30 a.m.**

**Status: Code 4, Inc.**

**2860 South Circle Drive, Ste. 300**

**Colorado Springs, CO 80906**



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