

# Hope. Freedom. Recovery.

life **ONTRACK**

## HAS A HOME

# Soul Space

The **RIGHT** resources at the **RIGHT** time  
**JOIN THE MOVEMENT**

## REFER YOUR CLIENTS/PATIENTS, TELL A FRIEND & LOVED ONES

Soul Space provides a holistic wellness strategy through one-on-one sessions and in groups, with a collective of experts, professionals, and peers providing the following core services, classes, and supports:

- *Individual, confidential assessments and empowerment plans*
- *Case management and navigation supports*
- *Stress reduction, nutrition and fitness education and classes*
- *African American/Black support groups*
- *Life skills education and coaching*
- *Financial empowerment classes and coaching*

## JOIN SOUL SPACE TODAY

A community health home that works with a collective of community partners with a focus on Black residents with essential needs for mental health, substance use, and criminal justice reentry services.

**Go to [www.getontrack.org/Soul-Space](http://www.getontrack.org/Soul-Space)**

**(916) 285-1810** Soul Space is COST-FREE to the community

**ONTRACK**  
PROGRAM RESOURCES  
GET STAY **ONTRACK**



SOUL  
SPACE

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