



1010 N Main Wichita, KS 67203
(316) 269-2534

Submitted by, Miguel Tovar Breakthrough Clubhouse Member:

Breakthrough was the first place that I ever felt safe after developing PTSD. When I came in, I was immediately welcomed and pulled in. The clubhouse model has helped me to develop coping mechanisms for my anxiety as well as my depression and move forward in my life with goals and a chance at a better life.