



# LIVING IN BALANCE

In this group you will learn how to reduce stress and increase well-being. We will develop strategies to navigate everyday challenges with greater resilience. While we work towards understanding the connection between emotions and addiction.

TUESDAYS & THURSDAYS  
9AM-11AM



2 SESSIONS PER WEEK/12 WEEKS TOTAL

NOBLE  
COMMUNITY CLINICS



2501 MAIN STREET, STEVENS POINT, WI

CONTACT US AT  
1.800.942.5330



- 12-week program with sessions twice a week (2-hour session).
- Weekly drug screens to ensure accountability and progress.
- Evidence-based content tailored to address daily challenges in recovery.
- Expert guidance from experienced clinicians.
- Safe and judgement free zone.

Amelia Gough, SAC  
Substance Abuse Counselor



“Happiness is not a matter of intensity but balance, order, rhythm, and harmony.”

Betty Jacobson

NobleClinics.org

