



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.

MONDAYS & WEDNESDAYS
9:30AM-11:30AM



2 SESSIONS PER WEEK/12 WEEKS TOTAL

NOBLE
COMMUNITY CLINICS



400 S. TOWNLINE RD., WAUTOMA, 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.

Veronica Eckstein, CSAC
Substance Use Disorder Counselor



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

Betty Jacobson

NobleClinics.org

