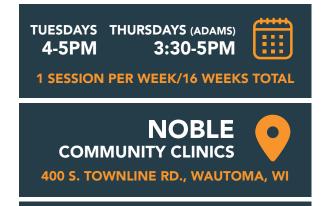


RECOVERY GROUP

Empower Your Journey — Build a Life in Recovery

Join our supportive 16-week group designed for adults (18+) who are ready to strengthen their recovery and build lasting skills for a healthy, balanced life.



CONTACT US AT 1.800.942.5330



WHAT YOU WILL LEARN

- Practical recovery management skills
- How to develop a personal recovery plan
- Understanding and addressing emotional relapse
- Redefining fun now that you're in recovery
- Creating your "sobriety first aid kit"
- Exploring expectations and setbacks in recovery

Veronica Eckstein, CSAC Substance Use Disorder Counselor

