

Adult Alcohol and Drug Abuse Group

- If you are struggling to remain sober and your goal is to remain sober, **this may be the group for you.**
- If you are triggered to use when you are feeling difficult emotions, **this group may be for you.**
- If you have trouble communicating in your relationships and would like to learn to communicate better, **this group may be for you.**
- If you have trouble setting boundaries, or saying no, **this group may be for you.**
- Several skill areas will be taught to help you get sober and stay sober. Here are a few areas: Triggers, Cravings, Avoiding Relapse, Planning for sobriety, Positive Communications, Emotional Well-being, and much more.

Tues & Thurs 10-11 or Weds & Fri 3-4 - Call to begin

Please note that this is a **virtual** group, details provided upon referral.

Ask your Psychiatric provider/Counselor or Clinical Liaison for a referral, or call:

John Duffy (520) 610-7672