

RELAPSE PREVENTION SKILLS MAINTENANCE GROUP

ADULTS 18+

WHO:

Ages 18+

WHEN:

Tuesdays 7 - 8:45PM

LENGTH

6 weeks.

NUMBER OF GROUP MEMBERS:

8 - 10

GROUP FACILITATOR

Trynity Ojeda
MS in Clinical Counseling



WHAT:

Relapse prevention is a large part of recovery and by effectively using the skills you have, and putting in the effort to learn and utilize new ones, long-term recovery can become a more achievable goal. This group utilizes common principles from IOP and takes the time to help solidify the skills you have learned and introduce new ones.

FEE:

\$40/group paid at the beginning of the month.

-Groups are NOT covered by insurance.

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