

RELAPSE PREVENTION SKILLS MAINTENANCE GROUP

TEENS 14 - 18

WHO:

Ages 14 - 18 (High School)

WHEN:

Tuesdays 5 - 6:45PM

LENGTH

6 weeks.

NUMBER OF GROUP MEMBERS:

6 - 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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