

# LOOKING FOR SUPPORT?

*Talk to your clinician about joining a group*

## **SUBSTANCE USE RELAPSE PREVENTION**

*Wednesday evenings at 6:00pm  
Zoom*

*Calling all recovering addicts! Join our group and receive tools on avoiding relapse with support and encouragement from those who can relate to your struggles.*

## **STRESS MANAGEMENT**

*Wednesday mornings at 11:00am  
Evening group TBD  
Zoom*

*Join a group focused on distress tolerance skills, relaxation techniques, and mindful meditation*

## **TEEN GROUP**

*Biweekly Mondays at 4:30pm  
Healing Waters Counseling Office*

*Ages 13 to 17, sign your teens up to participate in a group with other teens to build support and learn tools to help with dealing with their unique issues.*

## **PRE-TEEN GROUP**

*Tuesday evenings at 6:00pm  
Inner Truth Headquarters*

*Ages 9-12 support for survivors of sexual crimes.*

## **GRIEF GROUP**

*Wednesday evenings at 5:00pm  
Healing Waters Counseling Office*

*Grief can come in many forms not just the loss of a loved one. Is there something you are grieving? Do you need support from others who understand the feeling? Join this group and receive support and learn tools to move through the grieving process and begin healing.*

## **CHILDRENS ART THERAPY**

*Art therapy group Biweekly Monday evenings at 5:30pm-Zoom  
Individual art therapy available by appointment-Office or Zoom  
Art is a great way to work through emotions, get your child involved in art therapy to learn how to express their emotions and have fun!*

