

INSIGHTS EDUCATION GROUP

5—7 P.M. ~ TUESDAYS

The Insights Group is an 8 week education series on substance use & recovery.

Topics Include:

Understanding Substance Use Disorders
Stages of Change
Consequences of Substance Use
Addictive Thinking
Relapse Prevention
Physical Effects of Substances
Post-Acute Withdrawals & Cross Addiction
Recovery & Resources



This group may be recommended to you before going into Discovery Group if you have had no prior treatment. Or, your therapist may recommend Insights Group as an addition to individual therapy because the education would benefit you.

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