

RECOVERY

MAINTENANCE GROUP



TUESDAYS

6:00-7:00pm

FRIDAYS

1:00-2:00pm

This in-person group offers a welcoming space for clients actively seeking to maintain their recovery from a variety of addictive substances.

If you have the intention of sustained, long-term recovery, you'll want solid relapse prevention skills that can help you one day at a time, or even minutes at a time, regardless of any situation you may find yourself in. Our trained and licensed clinical staff will help you to break the harmful cycle of reacting to triggers, stressors, and challenges. Discover ways to stay focused on the present and effectively cope with urges and cravings to use.

Pre-Registration is Required. Speak with your provider or contact our office to register today: 203-450-4882.

All fees billed through insurance ~ All insurances accepted!



ELEVATE
health and wellness

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