

Substance & Alcohol Use Disorder GROUP THERAPY/SUPPORT GROUPS

Tahoe Forest Hospital

Levon Building

10833 Donner Pass Road, Suite 201, Truckee

TUESDAYS

2pm-3pm **Women's Support Group**

WEDNESDAYS

3pm-4pm **Early Recovery Relapse**

4pm-5pm **Recovery Maintenance**

THURSDAYS

9:15am-10:15am **Recovery Maintenance**

3pm-4pm **Seeking Safety | INVITE ONLY**

4pm-5pm **Moderation Management**
(beginning October 5)

Incline Village Community Hospital

IVCH Cafeteria Conference Room

880 Alder Avenue, Incline Village

TUESDAYS

10am-11am **Recovery Maintenance**

INTERESTED?

Contact Robert Mills, LAADC
at **(530) 608-0379**

or

Sam Valois, Substance Use Navigator
at **(530) 606-0914**

Counseling is an important part of Medication-Assisted Treatment.

- Receive encouragement and motivation to stick with treatment
- Learn healthy coping skills and ways to prevent relapse
- Learn to make healthy decisions, handle setbacks, and manage stress