



Addictive Disorders Group Therapy

At *Change Is Possible Counseling Services, LLC* we offer an ongoing therapy group for addiction related difficulties. This includes education, support, and treatment. Our program is staffed by licensed professionals with extensive experience in the issues of *substance abuse, gambling, overeating, shopping* addiction and related addictive behaviors. Discover how these addictions affect families and disrupt lives.

Some topics to be included for the recovering person are:

- ❖ Acceptance and treatment readiness
- ❖ Roadblocks to abstinence
- ❖ Stress Management
- ❖ Healthy relationship building
- ❖ 12-Step programs
- ❖ Shame and guilt
- ❖ Managing social situations
- ❖ Communication skills
- ❖ Anger management

You can *change* an unhealthy, lonely lifestyle to become the person you were meant to be with the help of professionals who understand the difficulties this lifestyle presents!

Register through your therapist, at the front desk or by calling Change Is Possible Counseling Services, LLC at (586) 264-3692.

**The treatment group meets on:
Monday 10 am – 11 am
And
Tuesday 6:30 pm – 7:30 pm**

**The fee is \$35 per session for each person.
The fee is to be paid in full at the beginning
of each treatment session.**