



## SOBRIETY & SELF-CARE

**6-week group program  
meets Tuesdays 5-6 pm**

*A 6-week group for those looking for support in maintaining an achieved sobriety from alcohol or drugs. Members will learn strategies and techniques to maintain sobriety and live well.*

### What topics will be included in this group?

Education about substance abuse and recovery  
Distress tolerance and stress management  
Effective communication skills  
Improving family relationships

Processing experiences in early sobriety  
Information about community programs and resources  
Relapse prevention and goal-setting

### What is the cost?

Clients can use their insurance coverage in some instances to cover the cost of this group referral. We also have private pay options for group rates.

### How do I get started?

Call support staff at **800.438.1772** to discuss becoming part of this new group. You will then meet with the therapist for an assessment before starting the group. Group members are expected to meet with an outpatient therapist while they are in the group.

**Date:** Tuesdays, starting May 30

**Time:** 5-6 pm

**Group Location:**

Christian Family Solutions Clinic  
16535 W. Bluemound Rd., Suite 305  
Brookfield, WI 53005

### GROUP FACILITATOR



**Peter Truell, MS, LPC-IT, SAC-IT**  
**Professional Counselor**

Specializes in working with addictions, anxiety disorders, mood disorders, impulse-control and conduct disorders, and family/relational concerns.



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