

You are... SUPPORTED!



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Anxiety Support Group:

This is a **Mindfulness** and **Acceptance-Based** support group for persons who struggle with an Anxiety Disorder. All anxiety disorder types are welcome; thus we promote an inclusive and belonging environment. The only standards for attending this group are the following: 1). Speak and communicate from “I” statements, 2). Refrain from forcing or shaming others to follow your beliefs, and 3). Practice Confidentiality- What happens in the group stays in the group. Let’s heal and support each other’s process! (Length: **90-mins**; Fee: **Donations**)

Dates:
4/22/2020 @ 5-6:30pm
4/29/2020 @ 5-6:30pm
5/06/2020 @ 5-6:30pm

To register please email:
Alewiscounseling1289@gmail.com
Space is limited!

Addictions Support Group: Users

This is a **Harm Reduction** and **Meaning-Centered** approach support group. All substance user types are welcome; thus, we promote an inclusive and belonging environment. The only standards for attending this group are the following: 1). Speak and communicate from “I” statements, 2). Refrain from forcing or shaming others to follow your beliefs, and 3). Practice Confidentiality- What happens in the group stays in the group. Let’s heal and support each other’s process! (Length: **90-mins**; Fee: **Donations**)

Dates:
4/24/2020 @ 11:30-1pm
5/01/2020 @ 11:30-1pm
5/08/2020 @ 11:30-1pm

To register please email:
Alewiscounseling1289@gmail.com
Space is limited!

Addictions Support Group: Family Members and/or Supporters

This is a **Harm Reduction** and **Meaning-Centered** approach support group for persons who have a family member that suffers from an addiction. All substance types are welcome; thus, we promote an inclusive and belonging environment. The only standards for attending this group are the following: 1). Speak and communicate from “I” statements, 2). Refrain from forcing or shaming others to follow your beliefs, and 3). Practice Confidentiality- What happens in the group stays in the group. Let’s heal and support each other’s process! (Length: **90-mins**; Fee: **Donations**)

Dates:
4/22/2020 @ 12-1:30pm
4/29/2020 @ 12-1:30pm
5/06/2020 @ 12-1:30pm

To register please email:
Alewiscounseling1289@gmail.com
Space is limited!