



RELAPSE AND RECOVERY

Skills to Improve Attitude, Increase Education and Help Prevent Relapse

This 12 week psycho-educational group will focus on positive coping skills, identifying stages of change, how to prevent relapse, and staying sober one day at a time.

FOR: Anyone dealing with addiction relapse or coping with a sober lifestyle.

WHERE: Compass Medical East Bridgewater
1 Compass Way

WHEN: Wednesday evenings
September 28, 2016 - December 14, 2016
6:00-7:30pm

COST: Covered by most insurances.

TO JOIN: If you are interested, please contact Kim Jackson at (508) 350-2225 opt. 3 to reserve your spot.

****An intake session is required for all participants and may be covered by insurance.***



Sean Kern, MSW, LICSW, provides a collaborative and supportive approach based in Cognitive Behavioral Theory, informed by psychodynamic and constructivist principles. Sean is experienced in utilizing group and individual modalities for the treatment of addiction, anxiety, depression, and relational mental health conditions.



For additional information, call Behavioral Health at 508-350-2225