

FINDING HOPE

Addiction Education/Relapse Prevention
Group



Starting October 7, 2020
Every Wednesday 10:30 AM - 12:00 PM

Cognitive Behavioral Therapy is used to identify, challenge, and replace addictive thinking to change behavior patterns and sustain long-term recovery from substance use disorders.

Groups are available in person at Appleseed or via Zoom. In person participation is limited to 6 individuals.

Please speak with your therapist for a referral. Contact Jeremy Smith or Deb Lyon for more information at 419-281-3716.