

Self-Improvement and Change Group



Participation in the Group is Free

Participants are not required to be a current or past client of
Appleseed!

STARTING JANUARY 7, 2021

**Thursdays from 6:00-7:30 PM
Available in person at Appleseed
or over Zoom**

**Contact: Jeremy Smith at
JSmith@AppleseedCMHC.org or
419-281-3716**

SSIC group addresses mental health and
substance use relapse and recidivism using
Cognitive Behavioral Therapy to develop
coping and self-control skills,
psychoeducation of substances, and identify
prosocial thinking and supports.