

# Self Improvement & Change Group



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

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**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 & supports.**

**Appleseed**   
Community Mental Health Center