



April 24—July 10

Relapse Prevention Therapy Group

Join us for a 12 week skills-based therapeutic group for adults in recovery. This group will provide skills-based education and an opportunity to process through your personal experience with substances. The group is facilitated by Robert Sorrentino, LPC, LAC, LMFT and Melissa Jennings, LPC, LAC, MAC in Northglenn. To reserve your space contact Robert or Melissa:

Robert: (720) 930-6475

Roberts@sensiblechoicescounseling.com

Melissa: (720) 355-4082

melissa.fountain@pathwisecounseling.org

Engage with other adults
with similar experiences

Develop a personal
Relapse Prevention plan

Identify warning signs and
triggers for substance use

Learn skills for distress
tolerance

Develop healthy mental
health skills

Increase self-care and
balance in your life

**Sensible Choices Counseling &
Pathwise Counseling and Skills
Center**

10465 Melody Drive, Suite 215

Northglenn, CO 80234

\$30 per session, some insurance
accepted, call for details.

Sensible *Choices*
Counseling, PLLC



Pathwise
Counseling and Skills Center

Are you invested in examining your relationship with or preventing your return to substance use?

This group is a skill-building and process group designed to offer evidence-based group therapy for adults with current or historical struggles with substance use. The group incorporates evidence-based approaches to provide participants with tools to maintain their personal definition of abstinence.

What makes someone a good candidate for this group?

This group is for adults, ages 18 and up, who would like to learn new behaviors and supports to manage their risks of relapse and maintain a clear lifestyle. Appropriate characteristics for group members are an investment in their desire to examine their relationship with substance use and improve their ability to manage underlying causes.

When is this group offered?

Wednesday evenings from 7:00pm until 8:00pm, April 24—July 3.