

Inari Recovery Counseling, LLC

Ryoen Elizabeth Drewello, LICSW



- Day-time openings Mon-Fri currently available for individual counseling for **adults** 18 and older.
- Our Practice focuses on trauma, addiction recovery, and the LGBTQIA community using Mindfulness, Self-Compassion, and Internal Family Systems (IFS)
- Accepting many commercial insurance plans BCBS, Optum, Aetna, Tufts, United . . . check our website for insurances accepted.

email us to book a consult! admin@inarirecovery.com

Open Therapy Groups

Monday 6:00 - 7:30PM	Adult Trauma Group
Thursday 6:00 - 7:30PM	LGBTQ Parents/Caretakers Group
Friday 5:30 - 7:00PM	Trauma and Mental Health for Allied Health, First Responders, etc.

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www.inarirecovery.com



Inari Recovery Counseling's

Weekly Therapy Groups!

Groups are forming now.

Monday - Adult Trauma group (for ages 18+)
6-7:30PM

Learn symptoms, improve self-talk, understand how the nervous system and stress response system work.

Thursday - Group for Parents, Caretakers, and
6-7:30PM Allies of LGBTQ people.

Facilitated by a parent of a trans child and a member of the LGBTQ community. Goal of this group is to get a better understanding about the spectrum of gender, sexuality, and medical care.

Friday - Allied Health and Community Service
5:30-7PM professionals Group

A closed space for workers in the helping professions (Fire, Police, Therapists, Nurses, Lawyers, . . . etc.)

Cost: Sliding scale \$30 - \$90 per session. We are able to provide "superbills" for clients who have group therapy benefits with their insurance to submit for reimbursement.

email us to join our groups

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