A weekly recovery group to provide continuing care for people in recovery from substance dependency

Restoration

This weekly therapy group is being offered as a supplement to relapse prevention programs. This support group will augment traditional AA or NA support groups and will focus on the underlying reasons for relapse. In addition, group members will learn new skills to address these challenges.

Community

One of the intentions of the group is to help form strong bonds of community and networking, which is so important to recovery. This group is designed to provide ongoing support at a low cost so clients can realistically employ the group for as long as they need treatment.

Relief

The research shows a direct correlation between the length of time in treatment and successful long term recovery. The evidence based treatment methods include Cognitive Behavior Therapy (CBT), Dialectical Behavioral Therapy (DBT) and Mindfulness Relapse Prevention.

Andrew Copperman, LMFT has a practice in Marin County specializing in addiction treatment. He has established a strong reputation for success in helping people in recovery through his compassionate ability to connect with the struggles of cravings and the underlying trauma that comes with the disease of addiction.

Those interested should contact Andrew for a phone consultation to assess whether the group is a good fit for the individual.

Day: Thursdays
Time: 8:30 - 9:30 PM
Location: Corte Madera
Cost: $25 per session

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