

Lifeworks

Program Highlights

- Flexible scheduling: Ninety minute SUD Treatment Groups
- Open access: 5 days per week between the hours of 8 am and 5 pm
- Up to 6 treatment hours per week

Alcohol and Other Drugs

- Defining addiction and alcoholism.
- Education on all major substances of abuse.
- Medical consequences of addiction
- Cognitive re-structuring.
- Re-investing in yourself, your family and your community.
- Dysfunctional family systems/ACOA.
- Healthy boundaries, healthy relationship.

Anger Management

- Community Engagement: Voting, spiritual resources, social networking
- Domestic Violence
- Stress Management
- Re-building trust

Relationships and Parenting

- Re-establishing your role in the family
- Re-building trust
- Family and social problems
- Healthy boundaries, healthy relationships

Program Focus

- Substance Use Disorder (SUD).
- Relapse Prevention.
- Life Skills.
- Emotional/Physical/Nutritional Wellness.
- Strengthening Families and Relationships.
- Rebuilding your Life through Recovery.

Relapse Prevention

- Stages of change and the slippery slope of addiction/relapse
- Symptoms of recovery and being patient with the process □ Identifying triggers and compulsions
- Coping skills/dealing with changes in recovery
- Changing environment/creating new social connections
- Dealing with strong emotions and resolving resentment
- Conflict resolution and assertiveness training
- Re-establishing your role in the family □ Re-building trust

Life Skills and Recovery

- Communicating in recovery
- Creating structure and time management
- Cleaning up your debts and financial management
- Goal setting and life coaching
- Getting the job you love: Resume building, Interviewing and Professionalism
- Obtaining GED and higher education, computer training
- Exercise and Nutrition
- Stress Management
- Parenting

For more information please call:
530-841-4890
Monday - Friday
{8 AM-5 PM}

For all services and after hours crisis call the 24 hour access line:
1-800-842-8979