



# Escanaba Outpatient Group Offerings

## STOPPING THE CHAOS

TUESDAYS from 10:00 AM - 12:00 PM with Jan Beauchamp, BSW, CADC

Stopping the Chaos is a therapy group aimed to do just that, stop the chaos that addiction can bring and identify techniques and skills to help with our recovery goals. It is a supportive therapy group environment aimed to help one another through the early recovery process.

## RELAPSE CONCEPTS AND SKILLS

THURSDAYS from 5:00 PM - 7:00 PM with Sam Frizzell, CADC-DP

Relapse Concepts and Skills is a therapeutic group that works together to focus on managing thoughts, feelings, and behaviors to build a recovery program. The group is aimed at identifying ways to prevent relapse and continue to live in recovery.

