



Ishpeming Outpatient Group Offerings

LIVING IN BALANCE

THURSDAYS from 5:00 PM - 7:00 PM with Cecelia Ware, CADC-DP

Living in Balance is a treatment group that addresses a multitude of topics and compares previous behaviors, thoughts, and actions during active addiction to current thoughts, behaviors, and actions in recovery. Some topics discussed during this group are stress, relapse prevention, triggers, and coping skills.

CHANGES

WEDNESDAYS from 2:00 PM - 3:00 PM with Paul Olson, LMSW, CAADC

Changes is a therapy group that focuses on improving the quality of life with a substance use disorder while aging and coping with disabilities, designed for those who have Medicare as their funding source.

