



Marquette Outpatient Group Offerings

EMPOWERING WOMEN

TUESDAYS from 1:00 PM - 3:00 PM

with Cassandra Cira, BS, CADC, ADS & Coralie Voce, LBSW, CADC

Empowering Women is a therapeutic group aimed at creating a safe and supportive environment to address common problems women face in recovery.

RECOVERY MOTIVATION

TUESDAYS from 5:30 PM - 7:30 PM with Caleb Grams, BS, CADC

Recovery Motivation is a therapeutic group that looks at identifying and building off of our motivation to change in recovery. It looks at our personal goals for change, identifying what is motivating us and how to implement change for growth.

LIFE ON LIFE'S TERMS

WEDNESDAYS from 1:00 PM - 3:00 PM with Autumn Wilbur, BS, CADC

Life on Life's Terms uses CBT frameworks and skills to address harmful thought patterns, which help clients recognize their ability to practice alternative ways of thinking, and regulate distressing emotions and harmful behavior, some of which often drive addiction.

LIVING IN RECOVERY

THURSDAYS from 5:30 PM - 7:30 PM with Autumn Wilbur, BS, CADC

During Living in Recovery, clients will build their own plan for a successful recovery. Relapse Prevention skills are essential for anyone in recovery and this therapeutic group will assist individuals to learn and implement these copings skills.



Marquette Outpatient Services
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