

Great Lakes Recovery Centers is a 501(c)(3) organization that provides behavioral health services, including: mental health services, residential and outpatient substance use programming, prisoner re-entry services, trauma assessments, prevention services, peer recovery, and more.



GLRC Mission

To empower recovery through hope and change

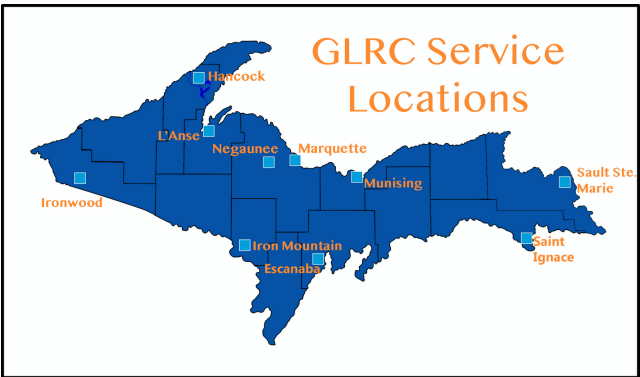
Core Values

We value:

- care, respect, and empathy for all people
- a commitment to our clients' recovery
- a strength-based environment for ourselves and our clients
- dependable and trust-based relationships
- service to our communities
- the quality of life through relationships
- a strong and dependable work ethic

Locations

GLRC offers a variety of behavioral health services in many communities across the Upper Peninsula.



For more information about the services at any of our locations, call the Access Center at (906)228-9696.



www.greatlakesrecovery.org



Group Offerings



Creating Healthy Communities
One Person at a Time

Group Offerings

Stopping the Chaos

Stopping the Chaos is a group that helps clients look at how their addiction affects their lives. In this group clients will learn how to get control of their lives by beating alcohol and drugs.

Locations: Escanaba Outpatient, Tuesday 10am-12pm

Rewire Your Brain

A group that uses motivational interviewing techniques to teach an individual how to change their thought processes to help the individual maintain sobriety.

Location: Marquette Outpatient, Wednesday 9-11am

Living in Balance

Living in Balance is a flexible, evidence-based program that meets DSM-5 classifications. This program draws from cognitive, behavioral, experiential, and Twelve Step approaches to help clients achieve lifelong recovery.

Locations: Marquette Outpatient, Tuesday 5:30-7:30pm
Munising Outpatient, Thursday 4-6pm

Veterans Group

The primary focus and mission of this group is to help veterans having readjustment problems from military service, to serve as a social opportunity, and to reduce the threat of veterans suicide.

Locations: Marquette Outpatient, Monday 9:30-11:15am
John Kivela Center, Thursday 10:00-11:45am

Serenity Group

A group that teaches mindfulness practices to the participants as a way coping with stress and anxiety.

Locations: Marquette Outpatient, Thursday 1-3pm

Recovery Skills

This substance abuse counseling group focuses on skills that can be used to avoid relapse in recovery.

Locations: Iron Mountain Outpatient, Tuesday 3-5pm

Life on Life's Terms

Life on Life's Terms addresses 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.

Locations: Marquette Outpatient, Wednesday 1-3pm
Munising Outpatient, Thursday 10am-12pm
Negaunee Integrated Care Clinic, Tuesday 5-7pm

Relapse Prevention

Topics of this group include psychoeducation on addiction as a brain disease, resources for sober supports, and mindfulness.

Locations: Marquette Outpatient, Tuesday 5:30-7:30pm
Escanaba Outpatient, Tuesday 3-5pm
Negaunee Integrated Care Clinic, Wednesday 9-11am

Addiction Body and Mind

A group to understand how substances such as drugs and alcohol alter a person's overall physiological health. As well as develop tools for early relapse prevention based on how we care for our physical and mental wellbeing.

Location: Marquette Outpatient, Thursday 5-7pm

Recovery Concepts

Some of the topics discussed in this group are stress management, relaxation, and relapse prevention.

Location: Iron Mountain Outpatient, Tuesday 8-10am

Motivated to Recover

This substance abuse counseling group focuses on motivating factors in recovery.

Locations: Iron Mountain Outpatient, Monday 6-8pm

DBT Group Therapy

The focus of this group therapy is teaching effective skill use for regulating emotions, changing destructive patterns of thinking and behavior, improving relationship skills, and building the life you desire.

Locations: Marquette Outpatient, Wednesday 1-3pm

Other Services

GLRC offers a wide variety of behavioral health services across our locations. Other services provided by the agency include:

Outpatient Services

GLRC has outpatient services offices across the Upper Peninsula that provide treatment of substance use disorder. Outpatient services are the first option for those who need freedom to continue working or attending school and are used as follow-up for clients who have completed residential services. For more information call (906) 228-9696.

Peer Recovery Services

Peer Recovery focuses on providing an environment where individuals who are living in recovery work with those who are currently receiving treatment for SUD.

For more information go to

www.greatlakesrecovery.org/peer-recovery.

Recovery Housing

Recovery housing provides structure and support for those living in recovery and allows a safe environment for individuals to continue to heal from the impacts of addiction. For more information call (906) 228-9696.

Residential Treatment

Clients in residential substance use treatment live in a therapeutic environment alongside other clients with 24-hour supervision and access to on-site clinicians.

For more information call (906) 228-9696.

Veterans Services

GLRC provides readjustment counseling services and a specialized group for veterans in the community. GLRC also works closely with the VA to provide homeless veterans with a place to stay. For more information call (906) 485-2347.