

Sobriety Skills

Skills Building To Achieve
Abstinence and Prevent
Relapse for Addictions



- Do you have an addiction?
- Are you having trouble getting abstinent?
- Do you frequently relapse?
- Is it hard for you to cope when you stop using?
- Do you want AA and more, or just more?

This group can help you deal with cravings and cope without using.

The goals of this group are to teach you skills that will help you stop compulsive behaviors and to provide a supportive group atmosphere.

You will learn to:

- Assess your motivation and identify obstacles to change.
- Recognize your triggers and learn how to manage them.
- Survive a crisis without making it worse.
- Identify, understand and manage your emotions.
- Learn interpersonal skills—stop saying “yes” when you really mean “no.”
- Change your “stinking thinking.”
- Live in ways that match your values.

Clare Carr and Linda Soran are the group facilitators. They are both Licensed Professional Counselors (LPCs). In addition, Clare is a Certified Addictions Counselor and Linda has been certified in addiction medicine. Together, they have over 20 years experience.

An initial consultation is provided at no charge to see if this group will meet your needs. Please call:

Clare Carr: 303-756-9052 x115

or

Linda Soran: 303-756-9052 x163

Each group module is eight weeks long.

Dates:

Thursdays 6:00 p.m.—7:30 p.m.

Location:

MDS Counseling Center
1355 S. Colorado Blvd., Suite 402
Denver, CO 80222

Cost:

\$50.00 per group,
or \$350 if paid in full.