

Living in Balance

Moving from a Life of Addiction to a Life of Recovery



Fridays | 2 pm – 3:15 pm Northern Nevada HOPES 3rd Floor | Community Room A

This is a group open to the community to anyone seeking recovery.

Living in Balance emphasizes skills training through numerous written and group exercises, role-play exercises, relapse prevention sessions, and homework assignments.

Through these groups, participants will learn:

- Craving coping skills
- Refusal skills
- Assertiveness skills
- Interpersonal skills
- Decision-making skills
- Problem solving skills
- Strategies to help expand social support networks
- How to build enduring, drug-free relationships

*We ask that you not attend while actively under the influence of a substance out of respect for others seeking recovery.

If you have questions about this group, please call and ask to speak with Shawna Silva.