

# MEN'S RECOVERY SERVICES



CODAC's **Men's Recovery Services** provides speciality care for men facing addiction, anger issues and trauma.

We provide exceptional care through a supportive team consisting of Therapists, Care Managers and Recovery Coaches who will help you gain the tools to improve the quality of your life.

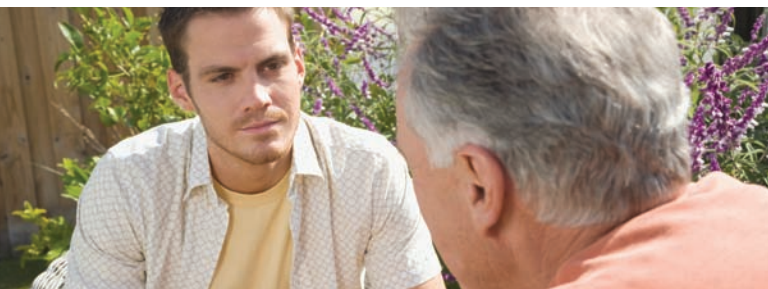
We also have medical staff on-site and by referral to help with assessments, prescribe medications and monitor symptoms, if needed.

Our outpatient programs address:

- Substance abuse/addiction disorders
- Anger management
- Anxiety and depression
- Post Traumatic Stress Disorder
- Wholeness and well-being

Our individualized, client-centered treatment revolves around *your* personal recovery goals. Whether you seek complete sobriety or would like to simply use less, we can customize a plan to meet your needs.

Men's Recovery Services is facilitated by a team of all male staff to provide a confidential and therapeutic atmosphere for sensitive and private matters.



## COMPREHENSIVE COUNSELING & SUPPORT GROUPS

Our team of professionals are prepared to help you work through the complex issues related to substance abuse as well as other mental health concerns.

Individual, couples, group and family therapy can provide you and your loved ones with the tools to strengthen your skills in the following areas:

- Self-respect
- Relapse prevention & healthy coping skills
- Healthy relationships & communication
- Parenting & family relationships
- Recognizing triggers

## RECOVERY SUPPORT & COMMUNITY INVOLVEMENT

Achieve your goals of living life independently and successfully in the community. CODAC provides support that will help you transition back into the community, find employment, and manage day-to-day responsibilities. Support services include:

- Peer support from others in recovery
- Career & education exploration
- Community involvement
- Life skills such as time & money management
- Transitional housing opportunity

### BEGIN IMPROVING YOUR LIFE TODAY.

Call us today to get your recovery started. Get the tools, skills and support you need to get back on track.

- The costs of your care may be covered by a variety of funding sources including AHCCCS, private insurance and affordable self-payment options.
- You may qualify for transportation assistance. Talk with your Care Manager if you need help getting to CODAC.

**New Clients & Scheduling, call (520) 202-1840.**

**Or visit us online at [www.CODAC.org](http://www.CODAC.org).**



# CODAC

*Men's Recovery Services is a program of CODAC's network of 400 staff serving more than 12,000 individuals and families each year.*