



WOMEN'S IOP

Join Our Women's Intensive Outpatient Program!

An Intensive Outpatient Program (IOP) is a series of individual therapy and recovery skills/support groups.

In the Women's IOP, we use Stephanie Covington's "*Helping Women Recover*" model, addressing:

- Trauma and PTSD
- Relapse Prevention
- Substance Use Education
- Co-Occurring Disorders
- Cognitive Behavioral Therapy & Motivational Interviewing
- Family Support & Education

You'll meet 3 times a week, for 3 hours each time (a total of 9 hours/week).

MEETS
REQUIREMENTS
FOR COURT,
PROBATION, DCS,
ETC.

“This IOP will really give you a strong foundation in your recovery & for your future!”

CHOOSE MORNING OR AFTERNOON GROUPS!

TUESDAYS, WEDNESDAYS & THURSDAYS

8:00AM - 11:00AM - OR - 1:00PM - 4:00PM

MEETING VIRTUALLY • CALL 202-1786 FOR ZOOM DETAILS

