

*Foundations San Diego*

# EVENING PROGRAM

**Weekly meetings every Monday,  
Tuesday & Thursday from 5:45 to 9 PM**

*Groups will be led by either a therapist or certified drug counselor.*

*(In network with Value Options/Beacon Health, Anthem BCBS and out-of-network PPO)*

## PROGRAM GROUPS INCLUDE:

**GROUP THERAPY** - This group is facilitated by a licensed staff member specializing in helping individuals with addiction and mental health issues. This group will describe and discuss problems associated with substance use and mental health concerns. Under the supervision of the therapist participants gain support from their peers, learn new coping strategies and begin to practice the application of learned skills.

**RELAPSE PREVENTION GROUPS** - The relapse prevention group meets under the supervision of a certified alcohol and drug counselor. The goal of the group is to provide information to the participant on how to identify high risk situations and prevent them from leading to substance abuse.

**EDUCATIONAL GROUPS** - The educational group is designed to engage individuals in a group discussion and prompt them to relate what they are learning about their own substance abuse.

**FAMILY GROUPS** - Family group meets one time per week and is open to the family and support people in the recovering person's life. Facilitated by a licensed marriage and family counselor with a specialty in family systems, it offers the participants a group to learn about the disease of addiction and talk with peers who are experiencing similar challenges.



**5:45 to  
9:00 PM**



**Facilitated  
by a licensed  
therapist**



**Every Monday,  
Tuesday and  
Thursday**

**3930 Fourth Avenue, Suite 301  
San Diego, California 92103**

FoundationsSanDiego.com | 619-208-9201

  
**FOUNDATIONS**  
RECOVERY NETWORK  
SAN DIEGO