



**CASCADIA'S ALCOHOL AND DRUG OUTPATIENT SERVICES** is designed for adults who are involved with alcohol and/or other substances.

#### **INDIVIDUAL THERAPY WITH PROFESSIONAL COUNSELORS, HELPING WITH:**

- Coping with past trauma
- Depression, Anxiety, mental health conditions
- Education about the effects of substances
- Effective relationships
- Relapse prevention

#### **TREATMENT GROUPS:**

- We offer Women's Groups, Men's Groups and culturally specific groups for African Americans and the LGBTQI community. We also have access to two housing locations for enrolled clients who are active in treatment.

#### **GROUP FOCUSES INCLUDE:**

- Addictions Groups for Individuals with Mental Health Disorders
- Anger Management
- Early Recovery Education
- Healthy Living in Recovery
- Pain Management
- Relapse Prevention
- Seeking Safety-help for Trauma Survivors

#### **LIFE SKILLS TRAINING AND DEVELOPMENT:**

- Anger Management
- Budgeting
- Communication Skills
- Household Management
- Interpersonal Relations
- Job Readiness Skills
- Navigating Community Resources
- Sleep Improvement
- Stress Reduction
- Time Management

## **FOR MORE INFORMATION**

**Sliding-fee slots available to those who qualify as well as many insurance plans accepted, including OHP.**

### **PLAZA 2**

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