Partnering for Recovery

Understanding addiction and how you can partner with your loved ones and community for recovery and harm reduction

This virtual group is educational and topicbased to help you explore and learn more about the complexity of the disease of substance use disorders.

Topics include:

- The Science of Addiction and Substance Use Disorders
- Communication Supports Recovery
- Forgiveness and Rebuilding Trust
- Setting and Maintaining Boundaries
- Enabling and Co-dependence
- Self-care for Partners for Recovery

BEHAVIORAL HEALTH

(530) 887-2800

When

2nd & 4th Thursdays 5:30 PM - 6:30 PM

- → J
 - Join With Zoom

Zoom link ID: 933 206 9818

Cost

FREE - no cost to participate!

All Chapa-De patients and community members are welcome

