



## Are you looking to attend IN-PERSON groups at SSTAR? We've got you covered!

### Monday:

- 11:00AM** Stop the Chaos - using the Stop the Chaos workbook, identify symptoms of substance abuse/dependency and the changes needed for a return to a healthy, meaningful life without chemicals.
- 1:00 PM** To Bet or Not to Bet - for clients with a gambling problem or who think they may have a gambling problem. Explores gambling related topics and solutions.

### Tuesday:

- 11:00AM** Staying Sober - using the Staying Sober workbook, focuses on relapse prevention.
- 1:00PM** Life on Life's Terms - using recovery tools to help clients handle life's stressors.

### Wednesday:

- 11:00AM** Skills for Change - using the Cognitive Behavioral Therapy Skills workbook with practical exercises and worksheets to promote change.
- 2:00PM** Tobacco Cessation - information, education and exploration of different medications and helpful tips for clients who are thinking about or who are committed to stopping.

### Thursday:

- 1:00PM** Recovery by Choice - using a workbook, helps clients strengthen their recovery.

These groups are led by **Mike Rodrigues, CADC** and are currently limited to **5 attendees**.

To register you **MUST** call **508-679-5222** and ask for the **Front Desk**, at least one hour prior to group start time. Registrations will not be taken in person. Please do not enter the building more than ten minutes before the start of group. **Masks are required** and must be worn at all times while in the SSTAR building.

### SSTAR also offers an in-person Enhanced Partial Hospital Program (EHPH)!

The EHPH consists of intensive, short-term, group-based outpatient treatment to provide stabilization and kick start long term recovery. The program runs from 8:45AM to 2:15PM (Monday - Friday) and consists of a comprehensive DBT model, complete with after-hours phone coaching, and complementary therapies, including: acupuncture, expressive therapies, and access to Medication Assisted Treatment (MAT). You **MUST** be accepted into the EHPH after completing the Referral Form available at [www.sstar.org/enhanced-partial-hospital-program-referral-form/](http://www.sstar.org/enhanced-partial-hospital-program-referral-form/).

For more information, please contact EHPH Director Julie Sanders at 508-235-7082 or [jsanders@sstar.org](mailto:jsanders@sstar.org).

