



# NEXT STEPS

*The purpose of this group is to build upon previous gains and work towards greater confidence and skills. Each session will include educational modules followed by group processing and discussions. This professionally facilitated group is designed for adults who are feeling “stuck” in their treatment and/or transitioning following discharge from the hospital or from a day program.*

## **This Group will Provide:**

- Both peer and professional support and encouragement
- Help coping with daily stressors
- Strategies to remain healthy
- Help setting personal goals
- Help communicating your thoughts and feelings
- Help coordinating care with your providers

## **Requirements for the Group:**

- Can contract for safety
- Meets, or agrees to meet, with an outpatient counselor
- Compliant with medications (if applicable)
- Has a stable place to live and a source of income or financial support
- Can commit to 10 weeks of group

## **Meier Clinics**

**2100 Manchester Rd., Suite 1410 Wheaton, IL 60187**

**Wednesdays: March 18, 2020 – May 20, 2020**

**5:30pm – 7:00pm**

**Therapists: Carol Davis-Serpas, LCPC and Anna McGregor, LPC**

**\$65 per session**

**If interested, please contact Anna at 630-653-1717, ext. 318**

