RELAPSE PREVENTION:  
A Process Group for Individuals Struggling with Substance or Process Addictions

Anyone struggling with addiction knows that recovery is an ongoing course, full of obstacles, barriers and sometimes stumbles. The purpose of this Relapse Prevention group is to remove some of those barriers and help you get over the obstacles by providing additional support to you through therapy and peer support. The group will be a safe, non-judgmental space to express your concerns, struggles and to process your thoughts that might result in a slip or relapse.

When: Weekly on Saturdays, 11am-12pm  
Insurance Accepted

Group is facilitated by Jennifer DiCostanzo, a Licensed Clinical Social Worker and Certified Substance Abuse Counselor, specializing in working with individuals who struggle with addiction and mental health issues such as depression and anxiety. She has extensive experience with facilitating addiction and recovery groups, as well as individual therapy.

“What you deny or ignore, you DELAY. What you accept and face, you CONQUER.”

Are you losing Control?

Need Additional Support?

Feeling Triggered?

Experiencing Cravings?

Life Care Wellness  
45 S Park Blvd #200  
Glen Ellyn, Ill 60137

To Register:  
Call or text: 630-973-8583  
Or email:  
jennd.lifecare@gmail.com