



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:
jenn.d.lifecare@gmail.com