

Please Join Us for our New S.U.P.E.R. A.C.E.S. GROUP!

*(Substance Use Prevention for Effective Recovery:
Abstinence, Change, Empowerment, & Support)*

Monday July 26th (First Group)

(Then every Monday except Holidays)

5:15pm-6:30pm



Nevada Urban Indians Inc. (N.U.I.)

1475 Terminal Way Suite B

Reno. NV 89502

Topic for this week's Group: "Happiness"

Future Topics will include:

- *Alcohol & Drug Education
- *Anger Management Skills
- *Communication Skills Training
- *Getting in touch with your spirituality
- *Increasing Positive Behaviors (i.e. Recreational Activities etc.)
- *Problem Solving Skills
- *Refusal Skills Training
- *Relapse Prevention
- *Relaxation Techniques
- *Problem Solving Skills, etc.

Group Facilitated by Vicki M. Lillegard M.A., LADC
Should you have any questions, please feel free to give
Vicki a call at N.U.I. (775) 788-7600

SEE YOU JULY 26th!