

Adult Recovery

S.U.P.E.R. A.C.E.S. Group!

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

MONDAY EVENINGS

(Every Monday Evening except Holidays)

5:15pm-6:30pm



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

1475 Terminal Way Suite B

Reno. NV 89502

Topics may 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, and/or would like

to sign up for the group please call

Vicki at N.U.I. (775) 788-7600

SEE YOU THERE!