

POSITIVE CHANGE PROGRAM

This group is designed to motivate clients, focusing on those that struggle with substance abuse issues, to make positive change in their lives. The program is facilitated by Nanci Robinson, LLPC CADC.

Please review this one page overview.

16-hour program, (8 hours on Saturday and 8 hours on Sunday)

Takes place over the 2nd weekend of every month

- Exploration of values and goals
- Stages of change
- Relapse prevention
- The importance of support groups
- Cognitive behavioral therapy
- Assertiveness training
- Communication skills
- Variety of self-care and self-awareness practices

Educational portion that focuses on the physical, financial, and emotional impact of substance abuse and initiates conversation regarding proactive behaviors for change.

The program is intensive and interactive and includes the use of speakers if available. An art project, group project, and role-playing interactive scene are included.

Cost is \$120 and that includes both days. It is not overnight. cash, check, Mastercard, Visa, Discover, American Express accepted, **due first day of course.**

Attendance verification including a brief assessment and recommendation will be mailed to the appointed court or requested person by the end of the week following the weekend.

Contact:

Allay Counseling

Nanci Robinson, LLPC CADC

Located: 143 W. Saint Clair St, Romeo, MI 48065

Email: NanciRobinson@AllayCounselingMI.com

Phone: 586-697-0019

Fax: 248-419-1856

Email: JessicaGortat@AllayCounselingMI.com