



The light and the dark, the controlled and the out of control... these kind of dichotomies exist in all people.

But what to do about them?
That's the question!

- Sober Support
- Relationship Dynamics
- Emotional Intelligence
- Salve for the Wounds
- Physical Challenges
- Trauma
- ALL ISSUES
- for those in recovery from substance abuse or other compulsions

CURRENTLY
SCHEDULED:
TUESDAYS

12:00-1:00

BUT OPEN TO REQUESTS!

SPONSORED BY



THERAPY GROUP FOR SOBER SUPPORT FORMING NOW

- ✚ This group is open to the public; you do NOT have to be enrolled in CHI Recovery
- ✚ This will be an ONGOING GROUP and requires a three month commitment.
- ✚ Sliding Scale: \$55-\$75 per session.

707-824-0222

Led by Robin Stuart, M.S., Marriage and Family Therapist and Executive Director of CHI Recovery in Sebastopol, CA.

Robin keeps it real by bringing humor, insight and a vast degree of awareness to the circle. She knows how to create deep bonds and a safe space to be open to the possibilities. Come explore effective solutions that might enhance your relationships and empower you!