

# SUBSTANCE ABUSE SUPPORT GROUP



**Jewish Family Service  
of Greater Dallas**

*An open door to all in need*

## Starts October 23, 2017

6:00pm to 7:30pm | JFS, 5402 Arapaho Rd Dallas, TX 75248

For adults 18+ | \$10/session

*Runs every Monday for 12 Weeks*

*Led by Janet (LPC, LCDC) and Karen Farr (PhD, LCDC)*

Trying to manage substance use is sometimes like holding balloons underwater. It is a constant struggle and you feel as if you are never quite in control. If your use of alcohol, drugs or prescription medications is starting to feel out of control this group might be your first step towards getting your life back. For 12 weeks we will look at what substance abuse and addiction is and how it controls our lives. We will also look at options for recovery and help you design a plan that will start you on a path to health and wellness.

**Still using and  
want to quit?**

**Just out of rehab?**

**Having any issues with  
chemical abuse?**

*This is a closed group and space will be limited. If you would like to be a part of this group please call Janet Henson at 972-437-9950*



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