

SUBSTANCE ABUSE SUPPORT GROUP



**Jewish Family Service
of Greater Dallas**

An open door to all in need

Mondays

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

For adults 18+ | \$10/session

Runs every Monday for 8 Weeks, beginning May 28th

Led by Janet Henson (LPC, LCDC) and Karen Farr (PsyD)

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 6 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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