



TRANSITIONS GROUP

5 W's of Transitions Group

- WHO** This group is for anyone struggling with engaging in behaviors they would rather not engage in
- WHAT** A psychotherapy group modelled after Lisa Najavit's Seeking Safety Group
- WHEN** Friday Afternoons for one hour
- WHERE** Virtually!
- WHY** Our highly skilled facilitators can help you achieve your recovery goals

As Social Workers, our Team is well-prepared to work with our clients to develop a wholistic treatment plan, accounting for and intervening in psychosocial factors which contribute to client distress. We work with the clients under the assumption that they are the experts about their own lives. We offer resource referrals, family information sessions to help the supportive people in our clients' lives to better help them, advocacy, therapy, and other services as needed, all from a client-centered care perspective.

**COST IS \$55 PER
SESSION**

**OPEN GROUP: COME
AND GO ANYTIME**

**REQUIRES INTAKE
SESSION AT \$160
PER SESSION PRIOR
TO ADMITTANCE**

COVERED BY FNIHB



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