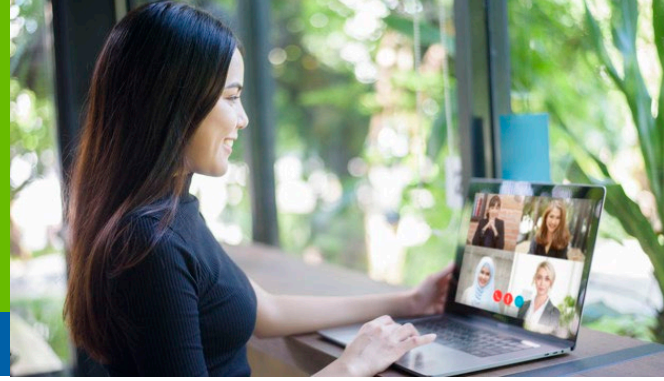




PEER SUPPORT PROGRAMS



Aftercare Support Group

Mondays 9:30 – 10:30 a.m. and Wednesdays 5:00 – 6:00 p.m.

For people who have completed SUD IOP with SummitStone in the last year and would like to continue receiving additional support. This is an open group to talk about real world dilemmas with peers who have also gone through the program.

Women's Open Support Group

Mondays 1:00 – 2:30 p.m.

These groups are a safe place for a supportive, social environment and are open to any SummitStone client.

Men's Open Support Group

Fridays 10:00 – 11:00 a.m.

Practical and Personal Development

Mondays 3:00 – 4:00 p.m.

This group is open to any SummitStone client and focuses on everyday life skills needed on a day-to-day basis.

In This Together

Tuesdays 2:00 – 3:00 p.m.

Hear courageous stories of individuals who have fought and overcome addiction, traumas and mental illness. We all have different stories, but we are in this together. Speaker group is open to any SummitStone client. This group will have a guest speaker every week to share their recovery journey and inspire hope and resiliency.

Walk a Mile With Us

Tuesdays 4:30 – 5:30 p.m.

Build community and help navigate the path to healthy mental health and recovery. This group is open to any SummitStone client.

Recovery Play Date

Thursdays 4:00 – 5:00 p.m.

This "Mommy and Me" support group is open to any SummitStone mother in recovery and provides a safe, nonjudgmental space to support your recovery. Children are welcome to be present in this group.

LGBTQ+ Support Group

Fridays Noon – 1:00 p.m.

This group is a support outlet providing a safe space for people to express their thoughts, perspectives and opinions on issues, knowledge and trends in the LGBTQ+ community and is open to any SummitStone client.

FAMILY FIRST

Fridays 4:00 – 5:00 p.m.

This group is for parents who are dealing with DHS (CPS) and/or court (drug court, family treatment court, etc.) while working on their recovery at the same time. We can support each other through navigating court, visitation and custody, and reunifying our families. You don't have to go through it alone.

For more information, please contact your therapist, peer specialist or SummitStone provider.

All groups are virtual.

summitstonehealth.org/peer-support/