

OUTPATIENT GROUP

NEW TIME SLOTS AVAILABLE NOW

Morning

Monday - Thursday
9:00AM - 12:00PM

- ↳ 30 Minute Break for Lunch
FREE LUNCH INCLUDED! (optional)
Lunch is served at 12:00PM.
(Stay Late for Lunch)

Afternoon

Monday - Thursday
12:30PM - 3:30PM

- ↳ 30 Minute Break for Lunch
FREE LUNCH INCLUDED! (optional)
Lunch is served at 12:00PM.
(Come Early for Lunch)

SIGN UP FOR SERVICES

A formal Referral is not required to receive services.
If you would like help, all you have to do is ask.

**HARM
REDUCTION
MODEL**



**MAKE A
REFERRAL**

Address:

8590 Edinburgh Centre Dr,
Brooklyn Park, MN 55443

WWW.RECOVERYHEALTHSOLUTIONS.ORG

Phone: (763) 425-5959 **Email:** Info@recoveryhealthsolutions.org

Outpatient Group

Our Outpatient Group sessions offer a supportive, therapeutic environment where individuals can share experiences, gain insights, and develop skills to navigate life's challenges. Led by experienced facilitators, these group sessions focus on building coping strategies, improving interpersonal relationships, and fostering personal growth, all while promoting a sense of community and shared healing.



Key Features:

Structured and Supportive Environment:

Sessions are guided by skilled facilitators who create a safe, welcoming space for open and honest discussions.

Peer Support and Connection:

Build meaningful connections with others who understand your challenges and provide encouragement and accountability.

Skills for Daily Life:

Learn practical tools and techniques to manage stress, regulate emotions, and improve communication.

Focus on Personal Growth:

Explore topics like self-esteem, resilience, and healthy boundaries to foster a more fulfilling and balanced life.

Open Enrollment:

Our curriculum is designed to allow for individuals to join Group at any time.

Schedule:

What to Expect:

Initial Group Orientation:

Begin with an introductory session to familiarize yourself with the group's structure, guidelines, and goals.

Engaging and Interactive Sessions:

Participate in discussions, group exercises, and skill-building activities tailored to the group's needs and dynamics.

Confidential and Respectful Atmosphere:

Share your experiences openly, knowing that privacy and mutual respect are core values of our group sessions.

Progress Tracking and Feedback:

Regular check-ins with facilitators ensure you're making meaningful strides in your personal growth journey.

Encouragement and Accountability:

Benefit from the collective wisdom and support of the group while staying motivated to achieve your goals.

Contact Us



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