

Zumbro Valley Mental Health Center

DUAL RECOVERY ANONYMOUS

OVERVIEW

Dual Recovery Anonymous is a self-help program for people with co-occurring disorders of psychiatric or emotional illness and chemical dependency. The program is based on the principles of the Twelve Steps and the experiences of individuals in recovery with a dual diagnosis.

In this peer-led group, you will:

- Learn how to avoid the risks common to alcohol and/or drug use
- Discover methods to reduce the symptoms of your emotional or psychiatric illness
- Find how to build a strong personal support network
- Identify strategies to improve your overall quality of life

FORMAT

Open group meetings held Wednesdays from 2:30 p.m. to 3:30 p.m. in the Balsam Room. No fee required to attend.

DIRECTIONS

FROM NORTH

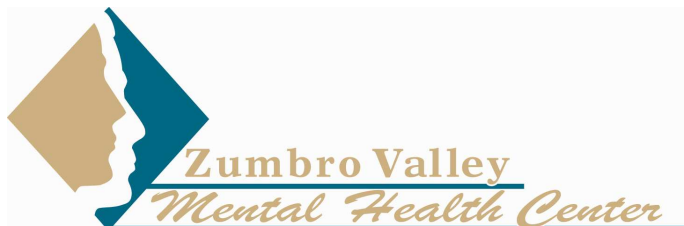
- Take 40th Street South exit, (approximately 1/2 mile south of US52/US63 interchange)
- Turn left over US63
- Turn left onto Wood Lake Drive frontage road
- Turn right onto 35th Street SE
- Drive to the end of 35th Street SE

FROM SOUTH

- Take 40th Street South exit, (approximately 1/8 mile north of 48th Street SE exit)
- Go straight onto Wood Lake Drive frontage road
- Turn right onto 35th Street SE
- Drive to the end of 35th Street SE

Contact Information

Zumbro Valley Mental Health Center
343 Wood Lake Drive SE
Rochester, MN 55904
www.zumbromhc.org
Phone: 507-289-2089



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