

Zumbro Valley Mental Health Center

WOMEN'S WAY TO RECOVERY

PURPOSE

The Women's Way to Recovery group is a 45-hour program designed for women with prescription drug abuse issues and who would benefit from a group tailored to address women-specific issues. Treatment includes the following:

- Individual assessment and treatment planning
- Individual counseling sessions
- Group therapy
- Collaboration with other service professionals

Group therapy topics may include, but is not limited to the following: relapse prevention, coping skills, trauma and abuse, relationship skills, empowerment, women's health and sexuality and grief and loss issues.

ADMISSION REQUIREMENTS

- Age 18 or older
- Diagnosis of prescription drug abuse

FORMAT

- Classes held Mondays and Wednesdays, 9:00 a.m. -- 11:00 a.m.
- Payment accepted from: health insurance, Rule 25/consolidated treatment fund, MNCare and private pay

Contact Information

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