

# CROSSROADS FOR WOMEN™ OUTPATIENT THERAPY GROUPS

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## THE AFTERCARE GROUP

The Aftercare Group (TAG) provides supportive aftercare once a week for women who have completed residential and/or intensive outpatient substance abuse treatment and who are taking action to maintain their sobriety. Themes may include: interrupting relapse warning signs, healthy relationships, communication, money and self-sufficiency, community, spirituality and service, supportive daily practices, manifesting hopes and dreams, managing stress and sober fun.

### [Portland]

**when:** Tuesdays, 10:00am - 11:30am

**where:** Crossroads for Women™ Outpatient Office, 66 Pearl Street, Suite 202, Portland

**FMI:** 207.773.9931 or [intake@crossroadsforwomen.org](mailto:intake@crossroadsforwomen.org)

### [Kennebunk]

**when:** Thursdays, 5:30pm - 7:00pm

**where:** Crossroads for Women™ Kennebunk Counseling Center, 7 Shape Drive, Suite 202, Kennebunk

**FMI:** 207.467.3368 or [lwishart@crossroadsforwomen.org](mailto:lwishart@crossroadsforwomen.org)

## PROFESSIONAL WOMEN'S RECOVERY GROUP

The Professional Women's Recovery Group provides recovering professional women a confidential setting to discuss issues related to the impact of mental health and addiction issues on their professional lives. The group helps professional women increase their understanding of setting realistic expectations on themselves and how to manage stress in healthy ways.

### [Portland]

**when:** Wednesdays, 5:30pm - 7:00pm

**where:** Crossroads for Women™ Outpatient Office, 66 Pearl Street, Suite 202, Portland

**FMI:** 207.773.9931 or [intake@crossroadsforwomen.org](mailto:intake@crossroadsforwomen.org)

## FRIENDS AND FAMILY GROUP

The Friends and Family Group is an ongoing therapy group specifically for friends and family members that have loved ones struggling with drug and/or alcohol addiction. It is designed to offer support, options and a place to be themselves. Participants will be able to get the help they need for their situation and share trials and triumphs with others. Women and men are welcome to this group.

### [Portland]

**when:** Tuesdays, 6:00pm - 7:30pm

**where:** Crossroads for Women™ Outpatient Office  
66 Pearl Street, Suite 202, Portland

**FMI:** 207.773.9931 or [intake@crossroadsforwomen.org](mailto:intake@crossroadsforwomen.org)



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