

# 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 are involved in 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:** Thursdays, 6:00pm - 7:30pm

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

**counselor:** Emily Van Strien, LADC

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

**counselor:** Faith Sheehan, LCSW, CCS

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

## INTENSIVE OUTPATIENT PROGRAM (IOP)

Crossroads for Women's™ IOP is a structured but flexible combination of group options that provide substance abuse treatment either 3, 4 or 5 days per week at 3 hours a day. IOP may be a first step for women beginning their journey to recovery from substance abuse and any co-occurring mental health issues. It may also serve as aftercare treatment for those women who might first require a more structured residential treatment to help them stabilize in sobriety.

[Portland]

**when:** Monday - Friday, 9:00am - 12:00pm

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

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

[Kennebunk]

**when:** Monday - Friday, 9:00am - 12:00pm

**where:** Crossroads for Women™ Kennebunk Counseling Center, 2 Livewell Drive, Suite 202, Kennebunk

**FMI:** 207.467.3369 or [info@crossroadsforwomen.org](mailto:info@crossroadsforwomen.org)



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*Crossroads for Women™ accepts MaineCare, private insurance and self-pay.*

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