

Zumbro Valley Health Center

WOMEN'S WAY TO RECOVERY

PURPOSE

The Women's Way to Recovery group is a 36-hour program designed for women with a diagnosis of substance abuse or dependence 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 substance abuse or dependence

FORMAT

- Classes held Mondays and Thursdays, 1:00 p.m. -- 3:00 p.m.
- Payment accepted from: health insurance, Rule 25/consolidated treatment fund, MNCare and private pay

Contact Information

Zumbro Valley Health Center
29 7th Street NE
Rochester, MN 55906

Christy Mollert, LADC, LMFT
Phone: 507-535-5677

