## Dual Diagnosis Group



Mondays beginning September 28, 2015 4:00 p.m to 5:30 p.m

Weekly group sessions to address the needs of those struggling with substance abuse and mental health issues. This group will provide skills based education and an opportunity to express thoughts and feelings about the impact of addiction and mental health on yourself and others.

Mental Health Association of Greater Lowell, Inc.

Mental Health Association of Greater Lowell Community & Family Counseling Services

99 Church St. Lowell, MA 01852

> Relapse Prevention

Skill Building

Addressing fears and anxieties

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