



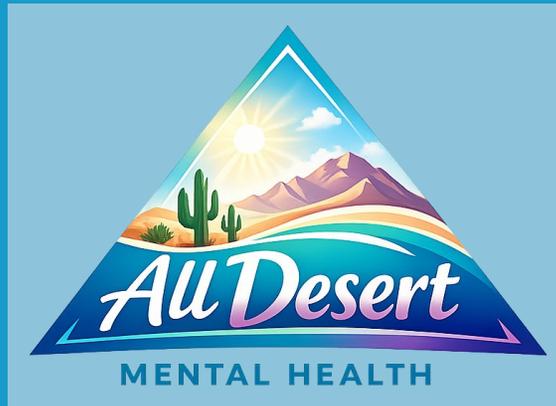
-SUBSTANCE USE DISORDER-

**A
PSYCHOEDUCATIONAL
AND
THERAPEUTIC GROUP
FOR ADULTS**



A clinically-guided recovery group for adults seeking growth, meaning, and happiness in sobriety.

**Empowering you to
hope
grow
thrive!**



**All Desert Mental Health
73-726 Alessandro Dr., Ste. 203
Palm Desert, CA 92260
(760)797-5151
www.alldesertmentalhealth.org**

**A program under
All-Desert Wellness Centers
A 501(c)3 non-profit
Tax ID# 26-4505734**



**Nexus
Recovery**



**Addiction Support
Group Therapy**

OVERVIEW

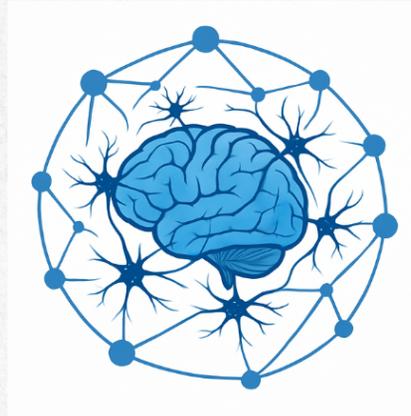
Nexus recovery is a weekly psychoeducational and therapeutic group designed for adults navigating substance abuse recovery who need more structure and support than peer-led groups, but who may not require, or have access to, inpatient or IOP treatment.



We fill a critical gap by offering an accessible, clinically guided space for insight, skill-building, and personal transformation.

LEARN

- Methods of neurological recovery
- Strategies for managing triggers
- Adaptive Coping skills
- A holistic and health-based model of recovery



PRACTICE

- Mindfulness Based Techniques
- CBT Interventions
- Tools to manage cravings & urges
- Personalized Relapse Prevention Plans
- Reframing thought patterns

PROGRAM STRUCTURE

- Open and ongoing enrollment.
- Lesson plans in rolling 12-week thematic cycles.
- Participants may join at any point, and benefit from full curriculum over time.
- Format blends education, skill-building, experiential therapy, and facilitated discussion.
- Clients have access to supplemental, individual mental-health therapy.

FEE STRUCTURE

\$15 PER SESSION

OR

\$50/MONTH

(SLIDING SCALE AVAILABLE)

Reach out To Begin Your Recovery!

For referrals or inquiries,

please contact:

Email: twilliams@paloaltou.edu

Phone: (760)707-6623