

# SUBSTANCE USE EDUCATION & TOOLS GROUP

Do you want to strengthen your coping skills?  
Are you experiencing cravings and urges?  
Are you worried about managing the holidays?  
IT'S OK. YOU'RE ONLY HUMAN.

We believe in the power of connection! Join us and others in recovery as we explore day-to-day and persistent challenges while supporting one another in a safe, private, and hopeful environment covering:

- Life balance maintenance
- Holiday stress management
- Healthy relationship building
- Mindfulness skills
- Emotional regulation
- Interpersonal effectiveness
- Empowerment and self-advocacy



**Diane Geiser, MSW, LCSW**



**Chelsea A. Laliberte**

**Registration Required by November 9**  
Call Chelsea at 847.438.4222 x35

**This group will be offered from 4:00 - 5:00 PM on November 9, 16, 30, and December 4. Only cash payment will be accepted prior to the first group session. We will provide a statement for you to submit to your insurance company for reimbursement.**



**Cherry Hill Counseling**  
977 Lakeview Parkway  
Suite 160  
Vernon Hills, IL 60061

Visit us at  
**CherryHillCounseling.com**