## Break Free: Understand Your Survival

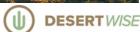
## **AD/Vet Substance Use Support Group**

Our mission is to empower individuals in their recovery journey by fostering compassion, facilitating meaningful connections, and promoting the normalization of experiences with substance use as a tool for survival in the midst of trauma. We strive to create a supportive environment where individuals can find acceptance, understanding, and a sense of belonging as they navigate the challenges of substance use problems. We aim to support each person as they work towards healing, growth, and a life free from the grip of addiction.

- Located off Eubank
- Tuesdays at 6:00 pm
  - 8 week program
  - Free of charge



Resources generously donated by



## Interested in group? Contact us for more information:

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Sujana Chowdhury LMSW



Megan Sexton LMSW



Brittany McKinley
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Tom Hail

23 years combined experience treating Active Duty and Veterans

Empowering recovery through compassion, connection, and normalization of experiences.