

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  **DESERTWISE**

Interested in group? Contact us for more information:

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Sujana Chowdhury
LMSW



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23 years combined experience treating Active Duty and Veterans

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