



PHOENIX
ASSOCIATES

GROUP THERAPY

Adult's Mindful Practice Group

A mindful group for managing anxiety and depression enhancing health and sleep, navigating grief, and fostering acceptance and release,

Healing from Trauma Adult's Group

A group that provide a safe experience to work on emotional regulation, dissociation, interpersonal safety, boundaries, anxiety and healthy attachment. Therapy dog present.

Men's Survivors of Childhood Sexual Trauma

A group designed to process the past and facilitate wellness and healing for men in a supportive environment.

Wellness Recovery Action Plan

Explore a variety of wellness tools to cope with life's stressor, manage mental health and develop wellbeing.

Men's and Women's Substance Use Groups

Groups that provide tools for developing coping, wellness, and recovery in a supportive environment

Adolescent Substance Use Group

An educational group to provide information, increase healthy choices, and navigate peer pressure.



CONNECT & GROW

REGISTER NOW



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