

STRONG TOGETHER

FAMILY GROUP

STAYING FREE

AFTER GETTING OUT OF SANTA RITA

Stay Strong and Focused on Your Goals

TWO Groups, Same Place (separate rooms), Same Time

GROUP SUPPORT, VIDEOS, ACTIVITIES, REFERRALS, AC TRANSIT PASSES
COFFEE AND REFRESHMENTS

DON'T LET PEOPLE, PLACES
AND THINGS SEND YOU BACK

STAYING FREE GROUP
(after getting out of Santa Rita)

- ☑ Personal counseling and healthcare (if needed)
- ☑ Recovery or cutting down on drugs and/ or alcohol
- ☑ Family participation is optional, not required

COPE BETTER WITH STRESS
AND MAKE GOOD DECISIONS

STRONG TOGETHER GROUP
(for spouses, parents and kids)

- ☑ What we need, what we want, how to say it
- ☑ What if drugs, alcohol or mental health get in the way?
- ☑ Rebuilding trust, what can I expect?
- ☑ Having fun, many ways to show love

Both Groups In Oakland
Every Monday 3:00-4:15
2577 San Pablo Ave

Both Groups In Hayward
Every Tuesday 10:00-11:15
22971 Sutro Street



EAST BAY COMMUNITY RECOVERY PROJECT
510-446-7180 | www.ebcrcp.org

Group facilitators:

Rafael Forrett, MFT Intern: Breaking the Chains classes at Santa Rita, and counselor in EBCRP Hayward. Call him direct at 510.697.9617

Kathryn Winship, MFT Intern: OUR PLACE at EBCRP-Oakland, and CalWORKs counselor in EBCRP-Hayward Supervised by Katharine Mechem, LMFT #45411