

Support Group for Women Struggling with Alcohol or Other Addictions

Women's issues, especially in addiction and recovery, are different from men's. The stigma and shame that surround a woman who drinks lead to isolation, present obstacles to seeking help, and reinforce the desire to drink. Women's issues often do not get adequately addressed in mixed gender groups where men tend to dominate.

This group is intended to break the isolation of addiction, learn alternative coping and stress-reduction methods, and receive support from others facing similar struggles and concerns. While continued abstinence is a goal of the group, it is not required for participation. Group members are asked to abstain from drinking or using on the day of the group.



Mondays 7 – 9 pm

Beginning 2/16/09

Central Austin

\$40 per session

Facilitated by Eric Denner, LMFT, LCDC



In recovery for 19 years, Eric Denner has been facilitating substance abuse and therapy groups for men and women for over 15 years. He has a private practice in central Austin where he helps individual adults and adolescents, couples, and families with substance-related problems, trauma, and other mental health issues.

For more information call 512-323-5623
or visit www.austincounseling.info