



# Sober Curious Group

Exploring our relationship with alcohol and other drugs

This group will provide a space for members to seek support, explore and identify intentions around substance use, and develop goals without feeling pressured to abstain completely. We welcome members in all stages of sober curiosity and promote a place for people to come and explore their relationship with alcohol and other drugs.



- **Start Date: March 10, 2022**
- **Thursdays from 7:30-9:00pm**
- **Virtually: Google Meet**
- **8-Week commitment**
- **\$50 per session - out of network benefits may apply**

**Facilitator: Shannon Gunter, LMSW**



The group explores moderation, and harm reduction or safer ways of using substances. The group will include a combination of skill-based practices and open discussion and processing of issues members are currently working through. We will learn valuable CBT (Cognitive Behavioral Therapy) and mindfulness skills to increase self compassion and learn to navigate life's challenges with greater ease. The group is designed to help members create and maintain their healthiest relationship possible with alcohol and drugs, whatever that may be for each individual.

**TO REGISTER, PLEASE CONTACT: [SHANNON@NYCCOUNSELING.COM](mailto:SHANNON@NYCCOUNSELING.COM)**