



# Sober Curious: A Virtual Therapy Support Group



A space to seek support, explore, and identify intentions around substance use.

Develop goals without feeling pressured to abstain completely.

**We welcome all stages of sober curiosity.**

- **Beginning Jan 18, 2023**
- **Wednesdays: 6-7:30pm**
- **Virtually: Google Meet**
- **8-Week commitment**
- **\$75/session - discounts for pre-payment can get cost around \$60/session. Out of network benefits may apply.**

**Facilitator:**



**Shannon Gunter**  
LMSW

We will explore:

- Moderation, harm reduction, and safer ways of using substances
- Skill-based practices and open discussion
- CBT (Cognitive Behavioral Therapy) / mindfulness
- Increasing self-compassion

We provide a place to explore your relationship with alcohol and other drugs.

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