



@NYCCOUNSELING
WWW.NYCCOUNSELING.COM
212-777-6922

Sober Curious: A Virtual Therapy Support Group



Have you ever asked yourself:

“Is my drinking problematic?”

“Can I stop or moderate my drinking?”

“Why can’t I drink like other people?”

“Can I drink without sabotaging my life?”

We welcome all stages of sober curiosity.

We explore your relationship with alcohol and other drugs, including:

- **Moderation management and harm reduction**
- **Skill-based practices and group processing**
- **Psychotherapeutic interventions**
- **Social, professional, and family culture of drinking**

Facilitators:



Sandra Harris
LMSW, RCSWI



John Krivy
MHC-LP

- Thursdays 6:00-7:00pm
- Meets virtually
- First group free
- \$75/session
- Discounts for prepayment
- Reimbursable in NY and FL

TO SCHEDULE A CONSULT:
SANDRA@NYCCOUNSELING.COM

TO REGISTER:
INFO@NYCCOUNSELING.COM