



@NYCCOUNSELING  
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212-777-NYCC (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 REGISTER: INFO@NYCCOUNSELING.COM  
CALL/TEXT 212-777-NYCC (6922)

TO SCHEDULE A CONSULT:  
SANDRA@NYCCOUNSELING.COM