



SOBER CURIOUS

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:



Sabrina Rothschild



Sandra Harris

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.



- Accepting New Members
- Meets virtually
- \$75/session
- Discounts for prepayment
- Easy out-of-network reimbursement

SCAN ME!



Inquire or Register Now:

 info@nycounseling.com

 www.nycounseling.com

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 [nycounseling](https://www.instagram.com/nycounseling)