



***Announcing New Aftercare Group
Start Date: November 7, 2018***

The Program:

For those embarking upon the pathway to sobriety, Texas Star now offers after-care services to help people navigate through some of the hurdles they may face in early recovery. Texas Star's aftercare provides a therapeutic peer group led by a licensed therapist. Treatment modalities include CBT, mindfulness based relapse prevention and psychoeducation specific to addiction and mental health.

Admission Criteria:

All members will have completed an IOP. Members will have at least 30 days of sobriety and have a commitment to complete abstinence.

Schedule:

Wednesday, 6:00 – 8:00 pm, 8 week minimum commitment, \$30 p/ group.

Therapist: Emily O'Shea, LCSW

Call 512-462-6729 for more information.



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