



Addictive Behaviors Group

Many people struggle with behavioral addictions, like gambling, shopping, gaming, unhealthy eating etc. Those in recovery from drugs and alcohol often find themselves more vulnerable to these types of addictions, especially when they are newly sober.

The Addictive Behaviors Group is led by a licensed therapist who is also a person in recovery from both substance use and behavioral addictions. The group offers education on topics related to addiction as well as the opportunity to explore personal concerns with others in a similar situation.

If interested, current Pine Rest patients should talk to their case manager or therapist to get referred to this group. However, if you are new to Pine Rest, a one-time evaluation to assess the appropriateness of group therapy will be arranged. For more information, please call us at **866.852.4001**.

New group members are welcome to join at any time after registration.

When

For exact dates and times visit **pinerest.org/addictive-behaviors**

Location

Virtual group offered via Telehealth only

Payment

Most insurances accepted
Ask if you qualify for financial assistance

Registration

Pine Rest patients should talk to their case manager or therapist.
If you are new to Pine Rest, **please call us at 866.852.4001** to set up an initial evaluation.



pinerest.org/addictive-behaviors