#### VCU MOTIVATE Groups 2.0!!!

#### VCU MOTIVATE: Stronger Support, New Options

We've updated our group therapy program with new topics, flexible schedules, and more ways to connect. Whether you're starting your recovery or continuing your journey, we're here to support you every step of the way.

To schedule yourself for a group, please contact the representatives at the front desk

Monday	Tuesday	Wednesday	Thursday	Friday
10-11:00 am "Guided Recovery" Therapeutic Recovery group, led by MOTIVATE Therapists	10-11:00 am "Together We Heal" Recovery group led by certified Peer Recovery Specialists	10-11:00 am "Guided Recovery" Therapeutic Recovery group, led by MOTIVATE Therapists	10-11:00 am "Together We Heal" Recovery group led by certified Peer Recovery Specialists	10-11:00 am "Guided Recovery" Therapeutic Recovery group, led by MOTIVATE Therapists
				1-2:00 pm "Therapeutic Liver Transplant Group" Virtual group via zoom every 2 Friday Meeting ID: 917 2686 1303
	4-5:00 pm "The Recovery Lab" A psychoeducation series led by a Supervisee in Social Worker & Certified Substance Abuse Counselor	3:30-5:00 "The Healing Thread" PTSD recovery via 10- sessions using Cognitive Processing Therapy (enrollment limited)		

See below for additional details about our new groups:

## RECOVERYLAB

A PSYCHOEDUCATION GROUP FOR PERSONS LIVING WITH A SUBSTANCE USE DISORDER





Join us every Tuesday from 4-5PM at the MOTIVATE Clinic | 501 N 2<sup>nd</sup> Street, RVA 23219. Group is facilitated by Mark Taylor, MSW, Supervisee in Social Work, CSAC. Group participants must be established patients at the MOTIVATE Clinic

For more information, please visit our website.

# THE RECOVERY LAB

#### GROUP TOPICS

What is the Purpose of Treatment

**Challenges for Early Recovery** 

**Cravings and Triggers** 

**Using Dreams and How to Process** 

Them

**Addictive Thinking and Behaviors** 

**Obsessive and Compulsive Behaviors** 

**Internal Motivation for Recovery** 

**Relapse Prevention** 

**Anger and Stress Management in** 

Recovery

**Short- and Long-Term Goal Setting for** 

Recovery

**Career and Educational Goal** 

**Attainment in Recovery** 

**Evaluating your treatment progress** 

**Parenting Skill Building in Recovery** 

**Relationships in Recovery** 

**How Strong is Your Recovery** 

Where I Was and Where I Am



Group is facilitated by Mark Taylor, MSW, Supervisee in Social Work, CSAC.

# Together We

## Heal

Recovery Group lead by Certified Peer Recovery Specialists

Tuesdays and Thursdays
10:00 am to 11:00 am
501 N 2nd St #100
Richmond, VA 22219
MOTIVATE Clinic Group Room
Starting September 16, 2025

#### Group topics include...

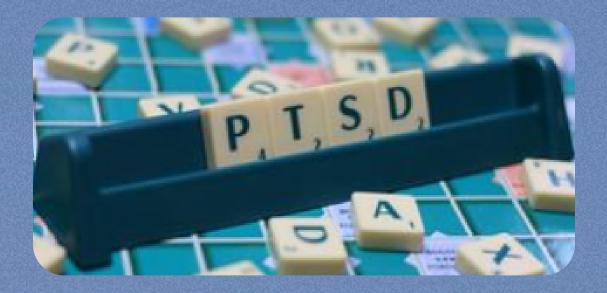
- APPR (Action Planning for Prevention and Recovery)
- Self-Care
- Urge Surfing
- Budgeting
- Building Salf-Esteem
- Setting and Maintaining Healthy
- Boundaries
- Developing Healthy Coping Skills
- Challenging Negative Thoughts
- Making Changes
- Recovery Pathway Education

Now at the MOTIVATE Clinic

#### a Cognitive Processing Group for Post Traumatic Stress Disorder

10-12 Sessions

3:30-5:00PM



Post Traumatic Stress Disorder (PTSD) is common among people who have Substance Use Disorder. PTSD often involves having nightmares, flashbacks and feeling on edge. PTSD can lead to alcohol and substance use and struggling to have healthy relationships.

IF YOU THINK YOU HAVE PTSD AND ARE INTERESTED IN THIS GROUP, PLEASE SPEAK WITH YOUR MOTIVATE PROVIDER & FRONT DESK STAFF.

SPOTS ARE LIMITED.