

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

See below for additional details about our new groups:

# THE RECOVERY LAB

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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

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## 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 23219

MOTIVATE Clinic Group Room

Starting September 16, 2025

## Group topics include...

- APPR (Action Planning for Prevention and Recovery)
- Self-Care
- Urge Surfing
- Budgeting
- Building Self-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.