



# Mental Health Drug and Alcohol Treatment

## Topics discussed include:

- *Asking For Help*
- *Red and Green Flags*
- *Community Resources*
- *Healthy Relationships*
- *Coping With Triggers*
- *Healing From Anger*

Welcome Mental Health Court Clients!

Join us each week for our Dual Diagnosis groups. We offer 3 opportunities each week to meet and discuss topics steering each client in a healthy and positive direction towards recovery.

Please join us at our next group.

We look forward to seeing you!

*The Mental Health Court Team*

**Tuesdays: 2:30pm @ 13th St. DDP**

**Wednesdays: 11:00am @ Trident Cntr.**

**Fridays: 2:00pm @ 13th St. DDP**

