



**Call us 24 hours
7 days a week
(800) 654-2673**

Free Confidential Assessments



**Aurora Charter Oak Hospital
1161 E. Covina Blvd.
Covina, CA 91724**



Outpatient Services



Aurora Charter Oak offers comprehensive, short-term outpatient programs that provide support and treatment for adults facing mental health and/or chemical dependency problems. Individuals attend 3 to 4 groups a day, up to 5 days a week.

Both mental health and chemical dependency groups are offered. Covered by most private insurance and Medicare.

We provide complimentary local transportation and meals.

Treatment topics include:

- Mental Health Conditions
- Coping with Feelings and Emotions
- Medications and Physical Wellness
- Relationships and Support
- Healthy Communication and Boundaries
- Self-Awareness and Self-Esteem
- Spirituality, Relaxation and Mindfulness
- Grief, Loss and Trauma Resolution
- Relapse Prevention
- Maintaining Recovery and Wellness
- Physical, psychological and social aspects of addiction

www.charteroakhospital.com