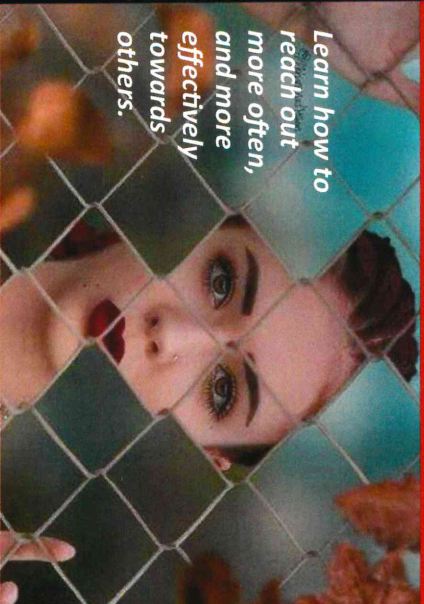


Support

Asking for Help

Learn how to reach out more often, and more effectively towards others.



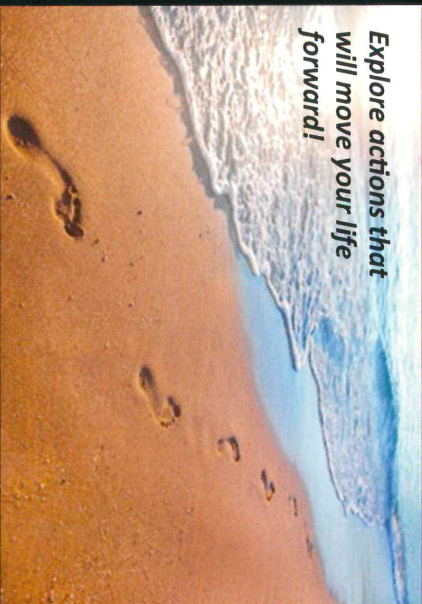
Community Resources

A list of helpful resources is discussed to aid in your continuing treatment and recovery.



Keep Moving Forward

Explore actions that will move your life forward!



In addition to our in-person substance use treatment programs, we also provide telehealth options.

Our programs use the evidence-based curriculum Seeking Safety.

Consultation with a psychiatrist and access to nursing care and case management support are included.

- All groups led by Certified Chemical Dependency Counselors
- MAT (Medication Assisted Treatment) available
- Abstinence-based Treatment Philosophy
- Sober Living Scholarships available

For more information contact
Shawna Lane, Patient Liaison
(626) 859-5269

shawna.lane@aurorabehavioral.com

1161 E. Covina Blvd.
Covina, CA 91724
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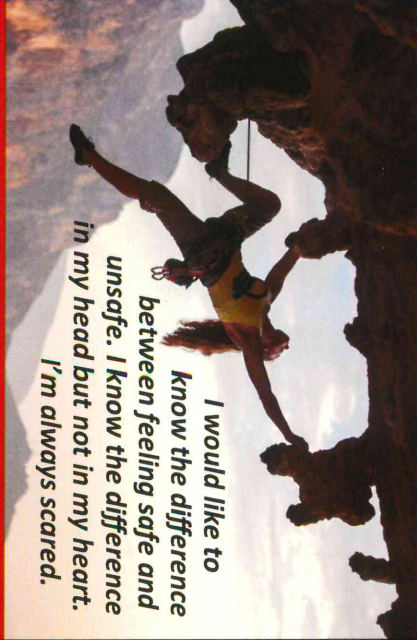
C.A.R.E.S.

Chemical Dependency Telehealth Services



Positive Behaviors

Commitment



I would like to know the difference between feeling safe and unsafe. I know the difference in my head but not in my heart. I'm always scared.

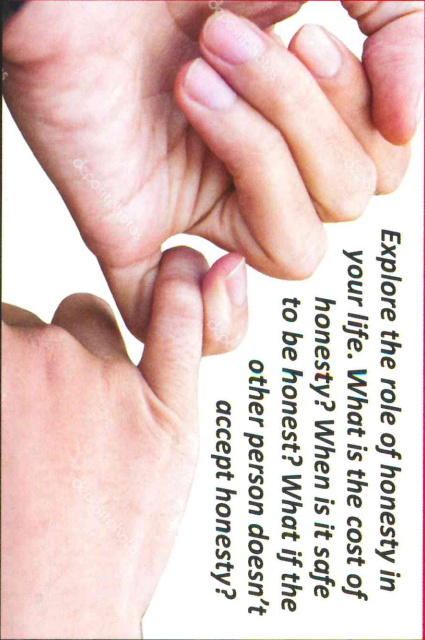
Compassion

Replace destructive self-talk with self-compassion.



Only a loving stance toward the self produces lasting change.


Honesty



Explore the role of honesty in your life. What is the cost of honesty? When is it safe to be honest? What if the other person doesn't accept honesty?

Constructive Thinking

Create Meaning



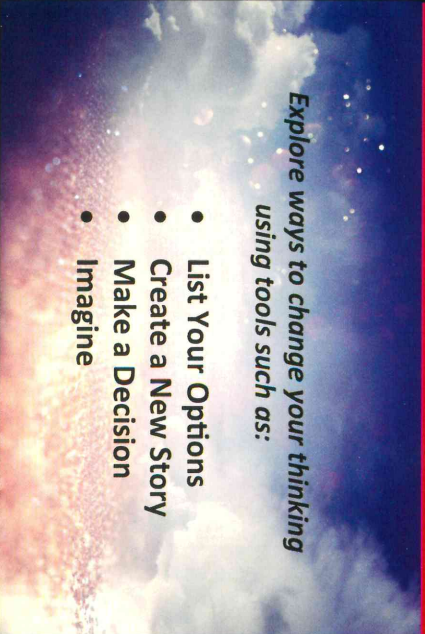
It is human nature to create meaning from life experiences. Explore the difference between harmful and healing meanings.

Discovery



Use 'Discovery' to find out if your beliefs are true—or just stuck.

Recovery Thinking




Explore ways to change your thinking using tools such as:

- List Your Options
- Create a New Story
- Make a Decision
- Imagine

Boundaries

Healthy Relationships



Explore healthy and unhealthy beliefs about relationships.

Seek understanding and solutions, not blame.

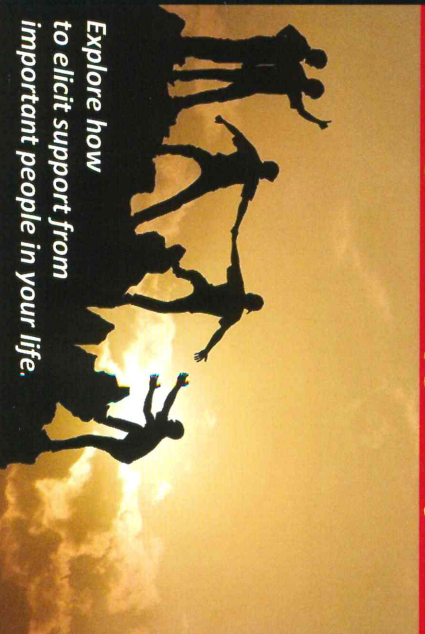
Setting Boundaries

Too much closeness?
Too much distance?



Talk about ways to set healthy boundaries in a relationship.

Building Your Support System



Explore how to elicit support from important people in your life.