



C.A.R.E.S. Outpatient Program

Comprehensive, short-term outpatient care providing support and treatment for adults facing mental health and/or chemical dependency problems.

Participants attend 3 to 4 groups a day, up to 5 days a week.

Complimentary local transportation, breakfast and lunch.

Treatment topics include:

Coping with Feelings and Emotions

Medications and Physical Wellness

Relationships and Support

Self-Awareness and Self-Esteem

Relaxation and Mindfulness

Grief, Loss and Trauma Resolution

Relapse Prevention

Maintaining Recovery and Wellness

Covered by most health insurance plans, including Medicare.



**For more information
or to make a referral,
please call our
Assessment Center.**

**Open 24 hours
7 days a week:
(800) 654-2673**



**Aurora Charter Oak Hospital
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