

Groups offered at Lakeside Recovery and Treatment Center

| Group: | Staff: | Description: |
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| Men's Dual Diagnosis Group | Greg Voltmann, Social Worker | |
| Women's Recovery Group | Greg Voltmann, Social Worker. | Clients with both mental health and substance use disorders develop a sense of community and mutual support in addressing their problems and coping strategies. This provides a safe atmosphere for exploration of underlying issues including trauma |
| Women's Empowerment Group | Susan Rimer, Social Worker | Bringing women together in self-exploration and development to increase their confidence and capacity to direct their own lives. |
| Community Awareness | Nancy Rodriguez | Opportunities to become familiar with what's available in the local community and to socialize with others. |
| Bienvenido | Nancy Rodriguez | An opportunity for our clients of the Spanish speaking community to socialize, and share their experiences. |
| Recovery | Colleen Lewis, Psychologist | Exploring life areas to focus on in recovery and to foster commitment and a plan to improve quality of life. |
| Recovery Guide | Kia Narraway of the STRAWW program and the Mental Health Association in Chautauqua County is available to meet with clients individually or in groups to assist them in their recovery. | |