

# Aftercare

## Recovery Life Skills Program



# FAMILYCARE

## COUNSELING SOLUTIONS

Recovery Is Possible!

*The Aftercare Program is designed to be a step down level of care and offers comprehensive services for ongoing personalized needs and recovery support to help you to maintain recovery from substance abuse and refine plans to address life stressors commonly faced in early recovery. Our goal is to help you find new ways to prevent relapse, avoid complacency, and achieve a life filled with rewarding relationships and a sense of purpose.*

### Recovery Life Skills Program Overview

Life Skills Therapy Group

Empowerment Therapy Group

Individual Therapy

Random Drug Test Monitoring

*\*Supplemental treatment add-ons available*

### Therapy Group Days/Hours:

Monday and Wednesday

6:00 pm to 7:00 pm.

### Location:

525 West 5th St. Suite 116

Covington, KY 41011

familycareky.org

# Recovery Is Possible!

Program Requirements  
(Based on Level of Care)

Participant attends 2-3 Days of Programming



## Program Information:

- Up to 12 weeks of Trauma-Informed & Evidenced-Based Treatment
- Supplemental Treatment Add-Ons available based on your identified needs
- Add-ons include Individual Therapy, Family Therapy, & Recovery Support Group
- Random Drug Screening for Accountability
- Access to a Licensed Addiction/Mental Health Counselor
- Access to a Recovery Coach (Certified Peer Support Specialist) for personal support
- Access to a Care Coordinator for care coordination and linking you to community resources

**KEEP YOUR RECOVERY FIRST  
CALL US TODAY!**

**859-261-0086**

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