



Seeking Safety Group

For those with PTSD & Substance Abuse

Do you cope with anxiety or stress by drinking or using drugs? Come try the Seeking Safety Group to learn skills for dealing with trauma and addiction. The group covers 24 different skills topics to help you cope in a safer way. Information is shared in a supportive and non-judgmental way. You can join at any time and stay for as many of the topics as you like.

WHERE: Community Health Centers of Burlington
Riverside Health Center
617 Riverside Avenue in Burlington
Mt. Mansfield Conference Room, 1st Floor
(Please check in at the front desk)

Tuesdays from 1:00 - 2:30pm

(You may attend once or all 24 sessions)

This is a clinical group for individuals who have experienced trauma and have used alcohol/drugs to cope. We accept most insurance including V-HAP and Medicaid. If you are uninsured, please check with our Patient Eligibility staff to see if you qualify for our Sliding-Fee Scale or how you may benefit from our time-of-service discount. The full-service fee for this group is \$70.00.

For more information, ask your provider or call Sarah Gerdeman, LICSW, LADC, at 264-8414