

Substance Use Treatment Group



Take the first steps to improve your well-being

Explore common themes and challenges related to substance use, such as triggers, cravings, relationships, and recovery.

Prevention: Make informed choices and reduce or avoid substance use

Addiction: Gain insight from peers going through similar life experiences

Recovery: Embrace a lifestyle that supports sustained recovery and wellness

In-Person Meetings

Norfolk: Tuesdays | 5:30 pm - 7:00 pm

Suffolk: Thursdays | 5:30 pm - 7:00 pm

Fee: \$25

Approved VA ASAP Provider

Register Online



Register Today!

Contact for more info: 757-965-8623
outpatientcounseling@theupcenter.org