



Seeking Solutions

This weekly, open ended therapy group is best suited for those with co-occurring mental health and substance use disorders.

Wednesdays (weekly) 2-3PM
In person (Walsenburg), televideo and/or telephone

The group will address topics such as:

Coping with Trauma and Anxiety
Sobriety/Recovery supports
and Improving Relationships

For more information, contact Hugh Keating at 719-423-1403
or email hughk@health.solutions.

Call Seeking Solutions using Lifesize



Join the meeting: <https://call.lifesizecloud.com/1751901>

Click to call from Mobile (audio only): United States: +1 (312) 584-2401,, 1751901#

Call in by Phone (audio only): United States: +1 (312) 584-240; extension: 175190#