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|--------------------|---------------|----------------|-------------------|-----------------------|
| <b>B</b>           | <b>I</b>      | <b>N</b>       | <b>G</b>          | <b>O</b>              |
| Techs              | Assessments   | Facilitator    | Social<br>Workers | Relapse<br>Prevention |
| Coping<br>Skills   | Supports      | Self<br>Esteem | Boundaries        | Successful            |
| Therapists         | Communication | <b>FREE</b>    | Harmony           | Mindfulness           |
| Substance<br>Abuse | Peers         | Sobriety       | Family            | Self<br>Confidence    |
| Coping<br>Skills   | Stress        | DBT            | Treatment         | Depression            |

|                    |             |             |                 |               |
|--------------------|-------------|-------------|-----------------|---------------|
| <b>B</b>           | <b>I</b>    | <b>N</b>    | <b>G</b>        | <b>O</b>      |
| Therapists         | Treatment   | Boundaries  | Peers           | Coping Skills |
| Social Workers     | Mindfulness | Facilitator | Self Confidence | Communication |
| Harmony            | Assessments | <b>FREE</b> | Family          | Sobriety      |
| Depression         | Techs       | DBT         | Substance Abuse | Coping Skills |
| Relapse Prevention | Goals       | Successful  | Self Esteem     | Supports      |

|                 |                    |               |                 |                |
|-----------------|--------------------|---------------|-----------------|----------------|
| <b>B</b>        | <b>I</b>           | <b>N</b>      | <b>G</b>        | <b>O</b>       |
| Substance Abuse | Family             | Therapists    | Depression      | Social Workers |
| Stress          | Successful         | Treatment     | Peers           | Communication  |
| Sobriety        | Boundaries         | <b>FREE</b>   | Harmony         | Facilitator    |
| Goals           | Relapse Prevention | Coping Skills | Assessments     | Techs          |
| Supports        | Self Esteem        | Mindfulness   | Self Confidence | DBT            |