

CO-OCCURRING

DISORDERS GROUP

For those experiencing both
mental health & substance use challenges.

MONDAYS

10:00AM - 11:30AM

Learn how mental health & substance use affect
each other - and how to heal together.

Topics Include:

- Understanding Dual Diagnosis
- Managing Triggers & Symptoms
- Emotional Regulation Skills
- Relapse Prevention Tools
- Support & Coping Strategies

Gain Tools To:

- Improve Mental Health
- Support Recovery
- Build Healthy Coping Skills
- Reduce Stigma & Stress

Join us for a supportive, judgment-free space to
grow and heal

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YAKAMA NATION



TIINAWIT PROGRAM