

# *A Renewed Mind*

*10 week sessions*

A Renewed Mind



*Substance Abuse and  
Mental Health Services*

**A RENEWED MIND  
FINDLAY OFFICE**

1624 Tiffin Ave, Suite B1  
Findlay, OH 45840

Phone: 419-422-7800  
[www.arnewedmindservices.com](http://www.arnewedmindservices.com)

- **Relapse Prevention Group:** for those struggling with sobriety

Tuesdays 4:00-5:30

- **Emotional Management Group:** focusing on anger and stress management with sobriety

Thursdays 11:00-12:30

- **Sober Identity/Self Esteem Group:** patients with underlying mental health issues, including trauma, affecting their sobriety

Wednesdays 5:00-6:30

- **CORE Recovery Skills Group:** for those that need help understanding an introduction to recovery

Mondays 11:00-12:30

## Medication Assisted Treatment

A Renewed Mind provides pharmacotherapy utilizing SUBOXONE and Zubsolv to combat opiate addiction. Additionally, ARM provides concurrent psychosocial counseling to achieve cognitive behavioral changes.