

The Ridge Recovery Center Virtual Community Support Groups



Substance Use Family Support Group Saturdays, 10:30-11:30am

This group provides peer support to family members of someone with a substance use disorder facilitated by a certified peer recovery support specialist. The focus is on topics including boundary-setting, learning about self-run recovery groups, and how to care for oneself when a loved one is struggling.

Understanding Substance Use Thursdays, 6:00-7:00pm

This group provides substance use psychoeducation by a clinician with a focus on co-occurring disorders. Family members learn about the role of the family, effective communication, preventing relapses, and solving problems.

To register please call **1.855.HHC.HERE (1.855.442.4373)**
or visit **HartfordHealthCare.org/Events**.



The Ridge Recovery Center

289 Windham Rd, Windham, CT 06226
860.465.3480

For more information visit ridgerecovery.org

A Personalized Path to Recovery

Perched atop a crest of nearly 60 private wooded acres in Eastern Connecticut, The Ridge delivers personalized paths to recovery from substance use disorders and addiction. Evidence-based treatment, along with private rooms, alternative therapies, walking trails, group therapy and a fitness center allow us to holistically treat the whole person and get them on the path to recovery.