



# Acu-Detox Group

- Are you in the process of decreasing and/or stopping your substances, cigarettes, alcohol or other drug use?
- Do you wish to continue free of any substance, but struggle with cravings?
- Do you want help with stress relief, relaxation, mental clarity and increased sense of wellbeing?
  - Do you want get better sleep and more energy?

**If you answered yes to one or more of these questions  
the Acu-Detox Group will be beneficial to you!**

Acu-detox and Acu-pressure is an adjunctive treatment to the ongoing individual and group therapy interventions. The 5-point N.A.D.A. protocol for auricular acupuncture has proven to help in the process of recovery by decreasing cravings and increasing your sense of calmness so that better decisions can be made.



**Join us Thursdays from 11 am – 12 pm**

Ansonia Counseling Services  
121 Wakelee Avenue, Ansonia, CT



[www.cornellscott.org](http://www.cornellscott.org) •   

**For more information please contact Karina Andre, LPC, LADC, ADS at (203) 503-3651**