



Acu-Detox Group

- Are you in the process of decreasing and/or stopping your substances, alcohol, cigarettes or other drug use?
 - Are you on the path to sustained recovery?
- Do you wish to continue free of any substance, but struggle with cravings?
- Do you want something that can help you in the relapse prevention process?

**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 Fridays from 11 am – 12 pm

Cornell Scott-Hill Health Center
State Street Counseling Services
911-913 State Street, New Haven



www.cornellscott.org •   

**For more information ask your provider to refer you to this group.
Or contact Heidi Outtrim, LCSW at 203-503-3664 for more information.**