

Co-Occurring Mental Health & Substance Use Group

with Gretchen Hoffer, MA, NCC, LPC



January 7th, 2010 – February 25th, 2010

When: Thursdays 11am-12pm

Where: The Center for Hearing & Deaf Services
1945 Fifth Ave.

Pittsburgh, Pa 15219

Who: Deaf people struggling with drug & alcohol addiction or who are in recovery

Some topics that will be discussed:

- Understanding impact of Deaf community on use and recovery
- How stress relates to substance use
- Understanding emotions and their connection to substance abuse
- Learning & understanding drug & alcohol terms
- Relapse prevention/maintaining sobriety

