

We are here to help.



Substance Use Disorder

Intensive Outpatient Program (IOP)

Our **Substance Use Disorder IOP** is designed to assist clients in achieving lasting sobriety. Utilizing a variety of evidence-based best practices, our clinicians work with group members to support their recovery from substance use disorder.

IOP Goals:

- Learn about substance use disorder
- Gain coping skills to manage cravings and triggers
- Build a sober support network
- Develop a relapse prevention plan



Tuesdays, Wednesdays & Thursdays
4:30 pm - 7:30 pm
Branford Clinic
14 Sycamore Way
Branford, CT

Call **(203) 800-7177** or visit **BHcare.org** to learn more.