

We are here to help.



Work-Life Wellness Intensive Outpatient Program (IOP)

Our Work-Life Wellness IOP utilizes evidenced-based practices of Dialectical Behavioral Therapy, Cognitive Behavioral Therapy and Motivational Interviewing to provide treatment to working professionals struggling with stressors related to work, interpersonal relationships, trauma, vicarious trauma, substance misuse, depression, anxiety, and other mental health concerns. Trauma therapies of EMDR and Accelerated Resolution Therapy are also available. This program is designed for all types of working professionals including first responders and medical professionals.

IOP Goals:

- Understand mental health symptoms and signs of stress
- Improve relationships, increase coping skills to manage stressors both in and out of work, identify leisure activities and develop skills to use in all areas of your life to support lasting wellness



Tuesdays, Wednesdays & Thursdays
4:30 pm - 7:30 pm
Shoreline Clinic

Call (203) 800-7177 or visit [BHcare.org](https://www.bhcare.org) to learn more.