

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
Shoreline Clinic
28 Branford Road
North Branford, CT

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