



**Starting
May 5!**

YOUNG ADULT INTENSIVE OUTPATIENT PROGRAM

For ages 18 - 29

This program offers structured therapeutic support for young adults who need more intensive care than traditional outpatient therapy while utilizing a trauma-informed and harm reduction lens.

Participants are able to maintain daily responsibilities like school, work and family.

Topics include:

- Emotional Awareness
- Mindfulness Skills
- Exploring Identity
- Healthy Coping Skills
- Building Healthy Relationships
- Understanding Mental Health
- Substance Use
- Impulsive Behaviors

Tuesdays, Wednesdays and Thursdays

3:00 pm - 6:00 pm

**435 East Main Street
Ansonia, CT 06401**

Contact Alice Falco, LCSW at
(203) 736-2601 x1397 if interested
or use the QR code to complete a
referral form.




BHcare
A Certified Community
Behavioral Health Clinic