

Young Adult IOP

About the Program:

Young Adult IOP is designed 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

IOP Details

Meets: Tuesdays,
Wednesdays & Thursdays

Time:
3 PM - 6 PM

Location:
435 East Main St.
Ansonia, CT

Contact Alice Falco, LCSW at **(203)736-2601 x1397**
or visit **BHcare.org** to learn more.



Scan to learn more about our IOP Programs
435 East Main St. Ansonia, CT