

CUSTOMIZE YOUR RECOVERY PATHWAYS



Recovery is for **ANYONE** interested in improving their wellness by making changes related to their substance use or mental health.

Treatment Pathway

Therapy, Group Therapy, Residential Programs, Hotlines



Physical Wellness Pathway

Information About Nicotine Cessation, Medications for Craving, and Nutrition

Peer Support Pathway

Peer Support Groups for Pregnancy, Addiction Recovery, or Mental Health



Family Recovery Pathway

Groups for Families Supporting Loved Ones in Recovery and/or Loved Ones with Mental Health Symptoms

Relaxation/Wellness Pathway

Sound Healing, Yoga, Social Groups, and Community Events



Community Resources Pathway

Housing/Financial Help, Parenting Needs and Supports, WIC, and Other Resources

Scan Each QR Code OR [Visit SEPI-CT.org](https://SEPI-CT.org)
To View All These Resources