



## Join the Journey

### Move Forward With Recovery

Willowbrooke at Tanner's Journey for adolescents is a group therapy program using the Matrix Model, as well as other evidence-based interventions.

Journey meets on

- Tuesdays 6:00pm- 7:00p.m.

Via Microsoft Teams

Gain the skills to avoid relapse with direction from a trained therapist who will facilitate recovery in a group setting that ensures you won't feel isolated in your recovery — all in an approach to treatment with literally decades of evidence of success.

Through cognitive therapy, couples and family therapy, motivational enhancement, expressive therapy, group therapy, social support, 12-step groups and more, you'll learn about accountability, setting goals, overcoming relapse and moving forward with a healthy, substance-free life.

## Take Your Recovery Further

Call Willowbrooke Counseling Center at 770.812.8863 to learn more about joining Journey, Willowbrooke at Tanner's Matrix Model group.

**You can live addiction-free.  
Willowbrooke at Tanner can help.**

 **Willowbrooke**  
AT TANNER  
[WillowbrookeAtTanner.org](http://WillowbrookeAtTanner.org)