

WE CAN HELP.

Group participants will receive support and guidance in a safe, confidential, and private environment. The group is led by a compassionate and experienced professional counselor.

In a supportive, non-judgmental setting, this comprehensive therapeutic group offers individuals the opportunity to experience life free from the grips of substance abuse & addiction.

It takes courage to make the powerful decision to make life-altering changes. Together, with that courage, you will be supported by others with similar challenges and experiences, striving toward a life anew.

We are here to help answer any questions you may have regarding how this program may help you or a loved one struggling with substance abuse/addiction.



*Learn from yesterday. Live for Today. Hope for tomorrow.
Albert Einstein*

Lifescapes Counseling Associates

OUR HISTORY

Lifescapes Counseling Associates, PLLC was founded in 2003, with a singular goal in mind: Provide a supportive place where therapists are free to practice ethically and free to grow as professionals. This initial goal has led to the creation of a safe environment for clients to make powerful, lasting changes in their lives.

Now in our 7th year as a community health provider, Lifescapes works hard to treat all clients respectfully, from the first phone call to the final session. Our staff strives to make the process simple but thorough, and we pride ourselves in making the insurance process painless for our clients.

In a continuing effort to make quality counseling accessible and affordable to more people, we have recently expanded our services to include distance/online counseling.

Our therapists offer various therapies and represent diverse treatment perspectives but all Lifescapes clinicians offer tolerance and empathy. Most importantly, we help you find your own way.



LIFESCAPES COUNSELING ASSOCIATES

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Living in Balance

*A therapeutic group offering
hope, help, and healing from
substance abuse/addiction.*



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Living in Balance is based on a holistic treatment program designed to address the whole person and not simply the symptoms of substance abuse/addiction.

Living in Balance (LIB) targets common life issues experienced by individuals struggling with substance abuse/addiction.

Group sessions address the physical, mental, emotional, social, and spiritual aspects of a person's life that are often impacted by substance abuse/addiction. Clients are able to personalize how session topics have affected their lives so they may begin the journey toward positive and healthy changes.

Published by Hazelden, the LIB curriculum was developed by Danya International with funding from NIDA and is recognized by SAMHSA's National Registry of evidenced-based programs & practices.

While the curriculum is evidenced-based and structured, the group format is such that group participants will experience an environment that is flexible and supportive.



Through the guidance of a compassionate and experienced counselor, group participants are able to learn how to:

- Understand the process of substance abuse/addiction
- Live a healthy, balanced lifestyle
- Heal emotional wounds of the past
- Improve the quality of relationships
- Integrate coping/recovery tools into daily living
- Nurture a physical, mental, emotional social, and spiritual life that best supports overall health & well-being

What lies behind us and what lies before us are small matters compared to what lies within us. Henry David Thoreau

Frequently Asked Questions

What is the duration of the group?

The group is an "open" group, meaning there is generally no waiting period to enroll. Clients typically complete the program with a ceremonial graduation after 12-weeks.

Is this group for men or women?

Both! This group is appropriate for adult men and women at least 21 years of age.

When is the group held & how much does it cost?

The group is held on Tuesdays from 6:00pm-7:30pm. The cost is \$20 per group session.

Is this group a 12-step meeting?

While community support is encouraged during one's recovery, this is not a 12-step program. The Living in Balance group is compatible to 12-step programs and may be an appropriate alternative for those, for whatever reason, prefer not to attend community-based support meetings.

Will anyone need to know that I come to this group?

Unless you provide written consent, your presence and participation in the group is strictly confidential.

Can I supplement group therapy with individual therapy?

Yes. The group therapist also provides individual sessions on a sliding scale fee.