

Sober Coaching Groups

**Michelle Hirschman, LCSW, CSAT
& Kelley Vandewalle MA, SCA**

**2001 S. Barrington Ave. #204
West Los Angeles, CA 90025
mysobercoach.com
Ph: 310-281-8663**

**Tuesday's 12-1pm
Thursday's 10-11am
Saturday's 12-1pm**



What are Sober Coaching Groups?

- Sobriety Support from Peers
- Daily, Weekly, & Weekend Planning
- Budgeting Issues
- Resume Writing/Career/Academic Guidance
- Physical Well-Being & Self-Care
- Defining Fun/Passion/Purpose
- Accountability to Each Member's Individual Goals
- 24-Hour Crisis Support

Sober Coaching (S.C.) groups assist individuals in early sobriety to walk through life's challenges with courage, strength and hope. S.C. groups help to facilitate the ACTION STEPS that are necessary to remain sober and live life, as well as support individuals in challenges that come up in everyday activities. The groups help support the individual in catching up with missed time and building up life skills that were not learned. Individualized goals are set weekly with each person to fit his/her own personal strengths and challenges. Phone support available 24 hours a day, 5 days a week.

Groups will be an hour in length and are \$75 p/group. Groups will be open and small, (minimum of 3 people to start a S.C. group). There is a 1 month commitment in order to join.

“Alone we can do so little, together we can do so much.”