



ROAD TO RECOVERY

Dual Recovery Anonymous

Dual Recovery Anonymous groups are similar to other 12—step groups and are designed to help people live with a mental illness and an addiction.

People learn to avoid the risks that lead back to addiction as well as reducing the symptoms of their emotional or psychological illness in a community of mutual support.

Wednesdays
3:00—4:00 pm

Life House
5850 West Mall Rd
Atascadero

For more information, contact Susan Gairan at 805-464-0512 or sgairan@t-mha.org



WELLNESS • RECOVERY • RESILIENCE