



ARBOUR COUNSELING SERVICES

A Division Of Arbour Health System

ALLSTON GROUP SCHEDULE

14 Fordham Road, Allston, MA 02134

Updated August 2016

To schedule an appointment for any group, please call 617-782-6460 ext. 105. Intake hours are Monday through Friday 8:30 a.m. to 5:00 p.m. There will be insurance restrictions depending upon the group facilitator, which can be reviewed during the initial call to Arbour Counseling Services.

Group members may need an intake appointment prior to the first group, which can be scheduled at the time of the initial call. All groups are ongoing except where noted.

Early Recovery Group

The group meets Wednesdays from 3:00 p.m. to 4:00 p.m.

The early recovery group is appropriate for individuals who have recently entered recovery from a substance use disorder, but are still struggling with the challenges of being newly abstinent from the substance of their previous addiction.

Men's Support Group

The group meets Mondays from 3:30 p.m. to 5:00 p.m.

This group provides a forum to connect with peers in order to increase social support and social skills. Group topics are selected by group members.

Mindful Meditation

The group meets Tuesdays from 9:00 a.m. to 10:00 a.m.

A form of meditation and relaxation that focuses on the awareness of breathing and encourages a positive attitude to achieve a healthy and balanced mental state.