



Children & Adolescents' **Alumni Support Group**

Last Tuesday of every month, from 5:30pm – 6:30pm

Our comprehensive, personalized care doesn't stop at the door. When you complete your treatment program and graduate to putting into practice all the techniques you've learned at Rock Springs Changes, you may still find yourself in challenging life circumstances. In those moments, remember that you are not alone. There is an entire community of people walking beside you, also charting their paths forward in their recovery journey. We bring those people together in the form of an alumni support group for our patients.

In these groups, patients can support each other in times of need, share their experiences, and create strength together. Many of our patients have testified to making new friends in their recovery process at Rock Springs Changes. At the end of the day, it's nice to be reminded that there are others like you, who understand your emotional process, have felt the same struggles, and take their recovery as seriously as you do.