



Changing Lives.
Saving Lives.

Stepping Stones



PRRS is proud to announce the addition of Stepping Stones, a flexible, group-based psychosocial rehabilitation program designed for individuals who are ready for more independence in their recovery, but who still want to keep making progress.

Stepping Stones might be for you if...

- You feel ready to move on from intensive programming
- You want to make more progress in your mental health recovery
- You are working or volunteering but you still need some support
- You want to connect with peers in your community

TYPES OF GROUPS OFFERED AT STEPPING STONES

- ★ COPING SKILLS GROUP
 - ★ HEALTHY LIVING GROUP
 - ★ CO-OCCURRING GROUP
 - ★ TECHNOLOGY SKILLS GROUP
 - ★ MEDICATION MANAGEMENT GROUP
- ... AND MORE!



HOURS:
 M: 9:00-1:00
 T: 12:00-4:00
 W: 12:00-4:00
 TH: 1:00-5:00
 F: 9:00-1:00



LOCATION:
 8794S SACRAMENTO DRIVE
 ALEXANDRIA, VA 22309

Sound like the program for you?

Talk to your CSB case manager about a referral to PRRS Stepping Stones!

FOR MORE INFORMATION, CONTACT:

HENRY SELLERS, MSW, LMHP-S

HSELLERS@PRSINC.ORG

571-536-5855

