



## Stepping Stones

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Stepping Stones is 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...

#### TYPES OF GROUPS OFFERED AT STEPPING STONES

- ★ COPING SKILLS GROUP
  - ★ HEALTHY LIVING GROUP
  - ★ ART IN RECOVERY GROUP
  - ★ TECHNOLOGY SKILLS GROUP
  - ★ APPR
- ... AND MORE!

- 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



#### HOURS:

M: 9:00-1:00  
T: 12:00-4:00  
W: 12:00-4:00  
TH: 10:00-2:00  
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 Stepping Stones!

FOR MORE INFORMATION, CONTACT:

HENRY SELLERS, MSW, LMHP-S

HSELLERS@HOPELINKBH.ORG

571-536-5855

