



Back on Track

A Recovery Group for Veterans

11 a.m. Tuesdays at HealthStreet

2401 SW Archer Road, Gainesville

(352)294-4880

There are any number of reasons why our lives can get off track – job loss, financial hardship, relationship problems, physical and mental health issues, substance abuse, or simply bad choices. The list is endless. But a better question than “Why?” is “What now?”

Join VA Recovery Support Social Worker David Forest, VA Peer Support Specialist Venus George, and fellow veterans as we explore how we get derailed, and begin developing tools and strategies for getting back on the right track.

▼ TOPICS ▼

- Emotional Intelligence
- Resilience
- Stress Management
- Coping Strategies
- Relapse Prevention
- Spiritual Fitness
- Psychological Health
- Mindfulness
- Embracing Change
- Communication Skills
- Dealing with Depression
- Settling Anxiety
- Grief and Loss
- Managing Moods
- Guilt and Shame
- Acceptance and Gratitude



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RESEARCH HELPING PEOPLE



For transportation assistance, please call David Forest at (352) 318-6432 or Venus George at (352) 231-5537
Routes 1, 9, 12, 19, 36 and 37 all have pick up/drop off spots near HealthStreet.