

# NEW HORIZONS NEWS

NEW HORIZONS COUNSELING SERVICE, INC.  
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## Current Programs At New Horizons:

\*Substance Abuse Screening,  
Education, and Treatment

\*Relapse Prevention  
Treatment

\*Domestic Violence Survivor  
Treatment and Education

\*Domestic Violence Offender  
Treatment (PEACE Program)

\*General Mental Health  
Medication Services (Please call  
to inquire about availability)

\*General Mental Health  
Group Counseling

\*DUI Screening, Education  
and Treatment

\*Driver's License Revocation  
Services (Please call to inquire  
about availability)

\*Sex Offender Treatment

\*Parenting Skills and  
Education

\*Anger Management  
Treatment

\*Specialty Domestic Violence  
Offender Treatment Groups:  
Men's, Women's, and SMI

## Healthy Living Tips: Relapse Prevention

Relapse and Recovery are terms often used in substance abuse and mental health treatment. Relapse is the process of increasing symptoms or substance use. Recovery is the ultimate goal of substance abuse and mental health treatment where the individual reaches a feeling of wellness, abstinence from use, and/or decreased symptoms and feelings of improved functioning. Determining a healthy relapse prevention plan can help promote long term recovery. Here are some tips to think about when developing a relapse prevention plan:

1. Identify thoughts, emotions and behaviors that could affect your recovery.
2. Identify goals that would be effected by your relapse.
3. Identify positive thoughts, emotions, and behaviors that will support your recovery.
4. Identify supportive people and places where you can go to enhance your recovery.

Using these tips will help you on your way to developing a healthy relapse prevention plan!

Parenting Workshops offered by NHCS  
at Fresh Start Women's Resource Center

Family Morals, Rules and Values:

March 16, 2011, 6-7:45pm

Positive Discipline: March 17, 2011, 6-7:45pm

Increasing Self-Worth March 23, 2011, 6-7:45pm

Parenting Teens: March 24, 2011, 6-7:45pm

Contact Fresh Start at 602-252-8494 to register.



ROAD TO RECOVERY

Comments?

Suggestions?

We appreciate your  
feedback!

Call 623-939-6567  
or email

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.org

## Mission Statement

*New Horizons Counseling Service, Inc. is devoted to providing the highest quality outpatient treatment to help individuals address unhealthy choices. We strive, through best practice treatment models, to teach adaptive life skills for people to lead healthier, more productive lives.*

## Quote Corner

*"It has been a worthwhile adventure for me. It has helped me to stay open and maintain my ability to be non judgmental of others, We all experience life in different ways and sometimes we make choices without thinking of the consequences we may fall. Being here has helped."*

-Recent New Horizons Graduate

**Help us spread the word  
about these important  
issues this spring!**

\*March is Social Work  
Awareness Month

\*April is Child Abuse  
Prevention Month

\*May is Mental Health  
Awareness Month