

# Resilience and Support for Anyone Impacted by Substance Use



## Are you experiencing the following?

- Difficulty identifying and minimizing triggers
- Lack of effective relapse prevention plan
- Family conflict
- Aggressive communication
- Low self-esteem
- Changes in social life (family, friends)
- Impaired work performance or loss of employment
- Increased anger and irritability
- Ineffective coping skills

### Facilitated by:

Nancy Tipton, LPC-S

Wednesdays: 3:00pm – 4:00pm

Jewish Family Service

4131 S. Braeswood Blvd.

### For more information please contact

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**REACH OUT AND CONNECT WITH OTHER PEOPLE FOR SUPPORT  
AND MENTAL HEALTH IN A SAFE GROUP.**