



Ascension Illinois Center for Mental Health

Relapse Prevention

Please join us for a 12-week in-person group for adults 18+ focused on substance use relapse prevention. This group is designed to help individuals:

- Identify and understand triggers
- Develop coping strategies
- Build resilience
- Maintain positive change

Medicaid and most private insurances are accepted.

Facilitated by Jannete Padilla, LSW, CADC

Tentative start date: May 2026

This group will be held on Wednesdays from 3:00-4:00pm

Call 847-952-7460, option 2 for more information.



Ascension

3436 N. Kennicott Ave. | Arlington Heights, IL
60004

ascension.org/ILCenterformentalhealth



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