



CORNERSTONE
RECOVERY

COUNSELING SERVICES

Intensive Outpatient Group Therapy:

For adolescents who need structure, close supervision, and frequent motivation to remain engaged in recovery, Cornerstone offers intensive outpatient group therapy (IOP).

This group meets for three hours on each of Monday through Thursday. Adolescents learn to be honest, appreciative, respect themselves and others, appropriate social behavior, to hear feedback and accept accountability, to offer feedback to others, and to have hope for their future.

In addition to group therapy, IOP clients have a full schedule of activities beginning at 7:30AM and extending to 6:30PM on Monday through Thursday. These clients also are given a schedule of required 12-step meetings and must attend one meeting every evening.

Cost: by sliding scale.

Climbers:

This is a **parent discussion group** led by counselors. The sessions provide insight and answers on the day-to-day challenges of parenting both with “tough love” and “unconditional love”.

Climbers encourages parents to take responsibility in their own lives, and offers help during difficult periods of transition. This group is highly recommended for all parents, but is a requirement if your teen attends our Intensive Outpatient Program. It is beneficial for all levels of parenting, whether you are brand new, dealing with second-stage recovery issues, or just feeling challenged in your parenting skills and need a tune up.

Cost: \$20 Individual / \$35 Couples
(Checks made payable to Cornerstone Recovery)

Monday evenings, Kingwood, The Woodlands, and West University

Second Stage Recovery:

The second-stage recovery group is a **weekly therapy group for adolescents** who have accomplished their initial goal of reaching and maintaining sobriety. All participants in this group have achieved at least six months of sobriety, have completed their fourth step, and have met with each member before they can start this group. The focus of this group is on education, employment, family and dating issues, and on maintaining their momentum toward personal growth. The essential requirements of this group are the ability to receive feedback and the willingness to take the suggestions of the group.

Cost: \$50 per individual
(Checks made payable to Cornerstone Recovery)

Girls' & Guys' Groups

These **weekly gender groups for adolescents** are by invitation, and are designed to address and discuss gender specific issues. This is a tight knit group where issues such as dating, family, friendship, and becoming adults are discussed.

Members of these groups must be at least 6 months sober, working their steps, must be honest in their day to day lives, and ready to move to the next level of recovery. The essential requirements of this group are the ability to receive feedback and the willingness to take the suggestions of the group.

Cost: \$20 per individual
(Checks made payable to Cornerstone Recovery)

Individual and Family Counseling

These sessions are appropriate for adolescents or parents. All sessions are scheduled by appointment only and can be with our licensed counselors who are responsible for your geographic area.

Cost: \$100
