



SUPPORT GROUPS

STERLING AREA HEALTH CENTER

Anger Management

*Learn to Manage Anger
Develop Self Control
Receive Support and Feedback*

Substance Abuse

*Coping Skills
Transitioning to Sobriety
Relapse Prevention*

Parenting Classes

*Innovative Parenting Skills
Supportive Environment
Open to Teen Parents*

Women's Group

*Topics that Matter to Women
Learn about Sobriety
Supportive Group for Healthy
Living*

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FOR MORE INFORMATION

(989) 654-3501

725 East State Street
Sterling, MI 48659

**Certain requirements and locations apply to select groups.*

**All support groups use research and evidence based curriculum.*