



ACT on Your Recovery

The BHWC offers you space to reflect on the function alcohol and/or drug use has in your life and receive support with your recovery goals. This group uses the Acceptance and Commitment Therapy (ACT) approach to help you identify what matters most to you, practice strategies for managing triggers, and develop more compassion for yourself in the process.

Whether your goals are to reduce use, abstain, or you are curious about life in recovery, you are welcome here.

For more information and to sign up, call us at: 907-729-2492



**Behavioral Health
Wellness Clinic**

Alaska Native Tribal Health Consortium

www.anthc.org/bhwc
907-729-2492

Counseling, assessments, and referral support for Alaska Native adults,
from your personal phone or computer, anywhere in Alaska.