

Managing Your Anger & Frustration

This group helps clients manage frustration and anger with confidence and improve personal relationships.

Orientation & Engagement

This required group for new clients provides a program overview, including policies, expectations and requirements in the Center Recovery treatment program.

Positive in Recovery

For clients living with HIV/AIDS, this group provides a safe space to explore thoughts and feelings associated with being HIV positive and staying sober.

Recovery Lifestyle

At this evening group, clients learn how to adjust to a sober lifestyle using a variety of recovery tools and discussions designed to enhance recovery.

Recovery Maintenance

An aftercare group designed for clients who have completed initial treatment plan goals. Group members will apply skills acquired from earlier phases of treatment as they transition into a life of sustained recovery.

Relapse Prevention

In this required group for clients who have completed Early Recovery and have at least 90 days of abstinence, members apply skills from Early Recovery to their daily lives and prepare for completion of treatment.

Relationships

Group members examine the impact of their relationships on substance use and sobriety by discussing relationships to self, to significant others and to the community, building awareness and skills to strengthen abstinence.

Sex, Sexuality and Recovery

Clients focus on the connection between sex, sexuality and substance use in their lives and discuss possibilities for sober, positive sexuality in an LGBT-affirmative and sex-positive environment.

Stress Management

This group creates a contemplative space to examine habitual reactions to thoughts and feelings, especially those that lead to substance use. Members learn useful stress and emotion management techniques to improve day-to-day functioning and prevent relapse.

Women in Recovery

Female-identified clients meet to discuss issues relevant and applicable to women's experiences in recovery, including but not limited to relationships, sex, sexism, ageism, low self-esteem and abuse.

Recovery Support

The following services are drop-in and no registration is required.

Connected in Recovery Drop-In Groups

This weekly support group meeting is led by and for LGBT people in recovery.

In Recovery with Resources

Case management services are offered to help you find resources to remain in recovery, such as welfare benefits, referrals to LGBT competent providers, job placements and more.

En Recuperación con Recursos

Manejo de caso para ayudarle con los recursos necesarios en continuar en recuperación de abuso sustancias y prevenir recaídas. Le podemos ayudar con servicios para aplicaciones de servicios sociales, seguros médico, vivienda, empleo, referidos a proveedores LGBT competentes y mucho más. Servicios gratuito.

ABOUT THE CENTER

Established in 1983, New York City's Lesbian, Gay, Bisexual & Transgender Community Center empowers people to lead healthy, successful lives. The Center celebrates our diversity and advocates for justice and opportunity. Each year, The Center welcomes more than 300,000 visits to our building in the West Village neighborhood of Manhattan from people who engage in our life-changing and life-saving activities.

📍 208 W 13 St, New York, NY 10011

☎ 212.620.7310

🌐 gaycenter.org

📱 @LGBTCenterNYC

Take the Journey



Get Sober. Be Proud.

**THE
CENTER**

THE LESBIAN, GAY, BISEXUAL &
TRANSGENDER COMMUNITY CENTER


 gaycenter.org/recovery

Are you LGBT and struggling with alcohol or substance use? We can help. Let The Center get you started on the road to a happier, healthier life.



“ I was able to finally be myself and talk about the real issues that were causing me to constantly relapse. The Center groups were a safe and supportive place to open up where I knew that people understood me.”

– Mark, Graduate



“ The Center’s recovery groups and one-on-one counseling changed me. They gave me the strength, support and knowledge to recover from my addictions. Today, I am not only strong in mind, body and soul, but now I am even able to help others.”

– Jaime, Graduate

? What is Center Recovery?

Since 2007, The Center has operated the only New York State, OASAS-licensed, outpatient substance use treatment program designed specifically for LGBT people. All services are confidential.

? Who can join?

Lesbian, gay, bisexual and transgender community members and allies who are struggling with substance use, or are the significant other of someone struggling with substance use, and are 13 years of age or older can participate.

? Is treatment available for people under 18?

Yes. LGBT young people ages 13 and older can participate in The Center’s substance use treatment program. In fact, substance use prevention and recovery works best for LGBT young people in an LGBT setting. Our innovative program provides the support and help LGBT youth need to address addiction and substance use.

? What addictions do you treat?

We treat all substance use addictions, including crystal meth, alcohol, cocaine, crack, heroin, prescription opiates and benzodiazepines and marijuana.

? What kind of services do you offer to help people treat addiction?

The Center’s substance use treatment services are medically supervised and offer:

- Individual, couples, family and group counseling
- Medical assessments
- Psychiatric evaluations and psychotropic medication management, including Suboxone® treatment
- Supportive counseling for significant others
- Alcohol and substance use education
- Community outreach and education
- DUI assessments and recovery maintenance

? Who are the staff members?

Our professional, multidisciplinary treatment team is comprised of licensed social workers and mental health counselors, CASACs, a registered nurse and a psychiatrist.

? Why should I come to an LGBT-specific recovery program?

Our team is expertly trained on the unique needs of the LGBT communities, including the homophobic and transphobic stigma we experience along with the higher rates of substance use and mental health concerns in our communities.

? Do you accept insurance?

Center Recovery accepts Medicaid (including managed care plans) and private insurance (currently CIGNA, GHI, AETNA, Empire Blue Cross Blue Shield, Value Options and CHCS) in addition to out-of-network reimbursement and sliding scale payment options.

? How do I get started?

To get on the path to sobriety, visit The Center at 208 W 13 St, NYC, call 646.556.9300 or email recovery@gaycenter.org.



Substance Use Treatment Groups

The Center offers a variety of groups to help you connect to the support, resources and information you need while on the journey to sobriety.

Closed Treatment Groups

The following groups are by appointment and open only to registered Center clients.

40+ and Over in Recovery

A group for clients ages 40 and over to discuss topics related to this age group and being in recovery.

Crystal Meth

For clients working on abstinence from crystal meth, this group focuses on physiological, social and emotional issues specific to crystal meth use, addiction and recovery.

Early Recovery

A required group for clients in their first 90 days of abstinence to discuss the basics of addiction and recovery, and learn critical relapse prevention skills.

Emotional Wellness in Recovery

A group for clients to work with anxiety, stress, depression and other mental health concerns connected to or impacting recovery.

Health & Wellness

A required group for clients in their first 90 days of abstinence to gain information critical to getting well and staying healthy through recovery.