Didactic Education Groups

The term “didactic” refers to offering and providing instruction intended to teach some specific information; to set up a condition for learning which makes for uniqueness, for self-direction and for self-initiated learning. These education groups will use written materials, repetition, review and rehearsal to promote and enhance retention of information, as well as compensatory strategies to enable generalization to life. Among the specific topics that are offered, but not limited to:

- Managing Your Stress
- Personal Hygiene
- Sexuality, Sexual Behavior and STDs
- Skill Development for Relapse Prevention
- How to Deal with Problem People/Problem Environments
- Series: Alcohol and Other Drugs
- Denial
- Sleep Problems and Sleep Hygiene
- Living with Co-Occurring Disorders