



# *A Positive Alternative*

An Alternative to 12-step Oriented  
Treatment Programs

## **OUR FULL WOMEN'S PROGRAM NOW AVAILABLE VIA TELEHEALTH**

**Access Remotely from anywhere in Washington State**

- One of a limited number of treatment centers offering evidence-based treatment that is an alternative to the AA model
- Master's level clinicians who are dually licensed in mental health and substance abuse
- Treatment focus on self-referred, motivated individuals.



**ALL INQUIRIES PLEASE  
CALL 206-547-1955**



# OUR PROGRAM INCLUDES

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- Intensive Outpatient and Weekly Outpatient Treatment groups for chemical dependency recovery
- Mindfulness Based Relapse Prevention to increase internal and external awareness
- Naturopathic Medicine courses that provide insight into how substance use might have impacted the body and mind and how to best support the body through recovery
- Client consultation and formal assessment for those interested in exploring their relationship with a substance
- Individual mental health counseling sessions that explore the underlying issues of substance abuse
- One-day, in-person family workshop that promotes whole-system healing and repair
- Professional consultation for mental health and addiction professionals.



For more information on our offerings and approach please visit our website at [Apositivealternative.com](http://Apositivealternative.com)