

live with
intention

LINK

Living with Intention and Knowledge Group

8 WEEKS

Facilitators:

Sarah (Sel) Royer-Stoll,
BS, CADC II, QMHA
Addictions Counselor

Sel honors recovery as a personal journey, community experience, and evolving story of resilience. She appreciates the dialogue and awareness fostered within LINK Group that invites each person to explore recovery in a way that is meaningful to them, and in a way that supports a wellness-focused life .

Kim Acord,

CRM, Recovery Mentor
Kim believes that any person, at any time in their life, can stop abusing substances and cultivate a healthy, positive lifestyle. She is passionate in connecting clients to supportive communities for wellness.

Fee:

This Group can be billed to OHP plans, or insurance. Self-pay options are also available.

January 16th - March 6th

Wednesdays 10:00 am - 11:30 am

**Location: Flanders West Group Room
2720 NE Flanders Street, Portland, OR 97232**

LINK strives to foster a connection between wellness and recovery efforts for folx considering harmful impacts of substance use within their lives, but do not necessarily consider themselves to be experiencing dependence and/or addiction.

This group will encourage community interaction, self-empowerment, and will introduce helpful tools to address potentially harmful substance use and set reasonable wellness and recovery goals.

Any Quest client is able to participate in this group after a substance use assessment has been completed. Any questions about eligibility or participation? Feel free to ask your provider(s) at Quest .

BE WELL - BE YOU

QUEST 
CENTER
FOR INTEGRATIVE HEALTH

www.quest-center.org

2901 E. Burnside Street, Portland Oregon 97214

503-238-5203