



## WE CAN HELP

Are you, or someone you know, a mother struggling with life stressors that may lead to problems with substance abuse?

If you are over the age of 18 and have dependent children or you are pregnant, Coastal Behavioral Healthcare can help.

Call us today and take the first step toward a healthier life for you and your children. **Your call is confidential.**

**SARASOTA:**

**(941) 953-0000 ext. 5135**

**VENICE:**

**(941) 492-4300 ext. 26**



### Our Mission:

*To provide behavioral healthcare services that exceed expectations for quality, availability and satisfaction.*

## WOMEN'S SUPPORT SERVICES

**1750 17th Street, Bldg. G  
Sarasota, FL 34234**

**(941) 953-0000 ext. 5135**

**7810 South Tamiami Trail, Ste. 1A  
Venice, FL 34292**

**(941) 492-4300 ext. 26**

**[www.coastalbh.org](http://www.coastalbh.org)**



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*Caring for Our Community*



## WOMEN'S SUPPORT SERVICES

*Building healthy families through healthy lifestyles*

# WOMEN'S SUPPORT SERVICES

We offer innovative support solutions to women who may be at risk for drug or alcohol abuse, or may be dealing with a current substance abuse problem. Our focus is to assist women, 18 and over, who are pregnant or have dependent children, to develop and maintain a healthy lifestyle.



We provide a variety of Life Skills services including:

- Benefits Resources (help finding health & life insurance)
- Continuing Education Counseling
- Employment / Career Assistance
- Financial Skill Building
- Group Counseling
- Housing Assistance
- Home Making Skills

## *Building Healthy Families Through Healthy Lifestyles*

By assisting you in adopting a healthy way of living, we not only improve your quality of life, but the lives of your children as well.

We promote achieving and maintaining healthy living by addressing sensitive issues that may be risk factors for substance abuse, such as:

- difficult relationships
- domestic violence
- sexual abuse
- work-related stress



Some of the best features of our Women's Services program are:

- Fees are based on the individuals ability to pay. *We can help you regardless of your financial situation.*
- Counseling can take place at your home or in our office – whatever makes you most comfortable.
- We offer individualized treatment programs that address any area that may help you maintain a drug-free lifestyle.
- Our services are completely **CONFIDENTIAL.**

- Relapse Prevention
- Stress Reduction
- Time Management

