

FOUNTAIN CENTERS

A Mayo Clinic Health System program for substance abuse and addiction

EXTENDED CARE PROGRAM

EDUCATION

Recovery education is provided on a variety of topics essential to learning how to live a healthy and happy life including:

- Communication and listening styles and skills
- Conflict resolution
- Healthy relationships
- Building sober supports
- Understanding the disease concept and addiction
- Mental illness and addiction
- Maintaining motivation for healthy living and a drug-free lifestyle