**Welcome to Harmony Foundation Aftercare Program**

Harmony Foundation’s mission is to provide the foundation for sustained recovery from the
diseases of alcohol and drug addiction. The recovery process does not end when an individual completes our alcohol/drug treatment program but continues on through the Harmony Aftercare Program.

Harmony provides Aftercare groups for individuals completing our residential treatment program and their family members/loved ones. We believe that it is important for successful recovery and continued sobriety to receive ongoing support, education, relapse prevention strategies, community reintegration skills and fellowship. We encourage attendance at 12 step support groups such as AA, NA and Al-Anon.

For those who may be new to or struggling in their recovery, Harmony's Aftercare Program provides a supportive avenue into sobriety and into primary treatment if the need arises.  There is no cost for Harmony's Aftercare program for clients or their family members; you are welcome just to show up at the group that best suits your needs! The groups are comprised only of alumni and family who want to be of support to you and your loved ones. We ask that all who attend do so in a sober state of mind.

**We offer two Aftercare group locations:**

**Denver**: **Tuesdays 6:00-7:30pm**

Heritage College, 4704 N. Harlan Street, Suite 670, (Odyssey Training Center), Denver 80212

**Fort Collins:** **Wednesdays and** **Thursdays 6:30-8:00pm**

109 Cameron Drive, Unit A, Fort Collins 80525

If you have any questions or need support, please contact:

**Penny Dougherty, CACIII Laura LeBon, CACIII**

**Aftercare Counselor Aftercare Family Counselor**

**970-577-4702 303-882-4360**

**pdougherty@harmonyfoundationinc.com****asfcstaff@gmail.com**

**We look forward to seeing you at Harmony Aftercare!**