

## Handout: Recommended Resources Worksheet

Based on your individual needs, the following resources are recommended for your successful recovery and sobriety, and for the health of your family:

- Alumni group meetings
- Home visits from counselors
- Case management
- Parenting education and support services
- Employment services
- Safe and sober housing resources
- Legal aid clinics or services
- Mental health services
- Medical and healthcare referrals, including HIV testing and prevention programs
- Dental health care
- Income supports, including the earned income tax credit
- Self-help groups, including 12-Step programs, such as AA and NA
- Individual and family counseling

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