



Intensive Outpatient Program

Mission Statement

To provide the top of the line treatment for men, women, and affected families seeking relief from addiction and/or co-occurring mental health disorders.

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aspirecounselingservice.com

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Arroyo Grande, CA 93420
t. (805) 329-5595

*“Transforming lives impacted
by addiction and substance
abuse through compassionate,
evidence-based treatment
that is personalized to fit each
individual’s needs.”*

Types of Services

- Individualized Treatment Planning
- One-on-one Adult & Adolescent Counseling
- Couples Counseling
- Adolescent Group Counseling
- Assessments
- Drug & Alcohol Testing
- Men's & Women's Groups
- Multi-family Group
- Recovery Group
- Education Group
- Spiritual Group
- Crisis Intervention
- Referrals
- Relapse Prevention
- Discharge Planning
- Aftercare



Philosophy

At Aspire Counseling Services we share the philosophy of Narcotics Anonymous: It's not what or how much you used but only what you want to do about your problem and how we can help. Alcohol and other drugs become a problem when we continue to use despite negative consequences to our lives. Perhaps a person only drinks every six months but every time they drink they get a DUI. Or maybe you are a daily drinker who has a difficult time coping without alcohol.

Perhaps you have had a physical injury that caused you to be prescribed painkillers and as your body gained tolerance you ended up using more and more until no amount could take away your pain.

Or maybe you are the person who has lost their relationships with family members due to street drugs and are suffering from the guilt and shame of not being able to stop.

No matter your poison, being held hostage by a substance is no way to live. The counselors at Aspire Counseling Services are all ex-addicts with multiple years in recovery obtained by different methods. We incorporate behavior modification, cognitive thinking, mindfulness skills, 12 step concepts, and many other models depending on each person's needs and belief system. We understand that having a healthy support system is crucial to recovery and work to involve family members when possible as well as peers, sponsors, friends, and medical professionals.

Hours of Operation

Monday	8:00am-9:00pm
Tuesday	8:00am-9:00pm
Wednesday	8:00am-9:00pm
Thursday	8:00am-9:00pm
Friday	8:00am-9:00pm
Saturday	7:30am-3:30pm
Sunday	Closed

Aspire Counseling Services hosts a team of trained professionals ready to meet the needs of clients and their families. Aspire accepts most forms of insurance and has private pay options available.