

Understanding Your Use



Understanding Your Use is a virtual group at Whitman-Walker Health that is designed to be a first step in treatment for substance misuse. This group will serve as a safe space to talk about your relationship with substance use and the behaviors you may wish to change or reduce.



Open to existing patients of Whitman-Walker Health.

Participants will discover tools, establish skills; learn about the disease of addiction and self-assess where you are in the stages of change and your readiness for treatment.

For more information about the group, please contact Monica Fuentes Carbonetto at mfuentes@whitman-walker.org or **202-745-6123** or Chad Wheeler at cwheeler@whitman-walker.org or **202-207-2386**.