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For Those in Recovery Over the Holidays, Hotline and Online Support Groups Offered by Mountainside Treatment Center

Author : David Gurliacci

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Thanksgiving is traditionally a time for reconnecting with loved ones over food and drinks, but for those in active addiction or recovery, it can present unhealthy temptations and added stress.

With the Thanksgiving break quickly approaching, [Mountainside](#) treatment center in Wilton will provide a free helpline and "virtual" recovery support groups online for those in need of assistance for themselves or their loved ones this holiday season.

— *an announcement from* [Mountainside Treatment Center](#)

For people in recovery, the cold weather and shorter days of winter can lead to boredom and isolation, increasing their risk of relapse.

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Additionally, binge drinking over the Thanksgiving weekend has become increasingly popular, with Thanksgiving Eve even being nicknamed “Blackout Wednesday” or “Drinksgiving” as many Americans pack local bars to celebrate the long weekend.

With this in mind, Mountainside’s 24/7 Holiday Helpline will be available from Nov. 25 to Jan. 6 for all community members who are considering recovery or need help maintaining sobriety.

Mountainside is also providing virtual meetings for those battling addiction as well as people in recovery who are unable to attend a local support group in person during the holidays — whether due to distance, time, or inclement weather.

The virtual groups will take place between from 6:30 to 7:30 p.m., Tuesdays from Dec. 3 to Jan. 7. The groups will offer peer-to-peer support and allow people to share their experiences on a broad array of timely and engaging topics, including navigating the stress of the holidays.

“The hustle and bustle of the holidays can be exciting, but can also be triggering for those who are trying to safeguard their sobriety,” says [Amy Sedgwick](#), Mountainside’s director of clinical operations. “By offering these services to the community for the very first time, we can give at-risk people the critical support they may need during the winter holidays.”

For additional support this holiday season, contact Mountainside’s Holiday Helpline at 833-200-6665 or visit mountainside.com/holiday-support to participate in a virtual recovery support group. Meetings will be facilitated by Nicole Cordani, a recovery support clinician at Mountainside.

About Mountainside Treatment Center

[Mountainside Treatment Center](#) provides drug and alcohol addiction treatment programs. Mountainside’s Integrative Care Model is meant to provide a comprehensive set of treatment and care offerings coordinated by a multidisciplinary treatment team in order to best fit the unique needs and interests of each client.

Mountainside partners with each client and the client’s family and healthcare professionals in developing and executing individualized treatment plans that promote long-term sobriety.