

Get Your Stuff Together

GYSTpync

Persistence yields new courage

Following in SOME of the footsteps of the original GYST for young men, we state that:

GYSTpync works to create a SAFE and EMPOWERING place for young women, not necessarily in recovery from substances or destructive behaviors, but who seek positive change and positive role models in their lives.

GYSTpync engages with potential participants through active outreach and referral to conduct an assessment of the person's needs and goals. The facilitators consist of 3-4 women, including a licensed therapist, a nurse, and a business owner. (In long term recovery)?

These women have overcome many of life's most difficult issues, and are here to pass on their strength, wisdom, and resources to younger women facing some of these same challenges. It is important for all of us to know that we are not alone in our difficulties or victories. We all have different stories, yet we all feel the same emotions, and we all have different ways of handling things.

GYSTpync services can include individual counseling, relapse prevention, group counseling, home and community based services, case management, education and employment assistance, medical assistance, service linkage and referrals.

GYSTpync guest speakers and group exercises focus on safety, empowerment, problem solving, self-insight, life skills, relationships, self-image, self-care, and community involvement.

Have an open mind, look forward, and believe you are worth taking a chance on yourself!

GYSTpync meets every Wednesday @ 4pm at The North Central Vermont Recovery Center in Morrisville. For more information call Mary OToole at 851-8820 or Stefani at 851-8120.