

Why Choose Path to Recovery?

Compassionate and Experienced Staff

Our team is committed to providing compassionate care in a safe and supportive environment.

Flexible Scheduling

Attend treatment sessions during the day or evening to accommodate your schedule and responsibilities.

Confidentiality and Privacy

Our privacy is paramount to us, and we uphold strict confidentiality standards to protect your information.

TAKE THE FIRST STEP TOWARDS RECOVERY TODAY!

Contact us to learn more about our Intensive Outpatient Program and how we can support you on your journey to lasting recovery.



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Reclaim Your Life.
Find Your Path to Recovery.



Path to Recovery Intensive Outpatient Program

Healing and Hope for a
Brighter Future





Path to Recovery?

At Path to Recovery, we are dedicated to providing comprehensive and effective treatment options to help you overcome addiction and build a brighter future. Our Intensive Outpatient Program (IOP) combines evidence-based therapies such as Moral Reconnection Therapy (MRT) and Cognitive Behavioral Therapy (CBT) with a focus on individuals involved with the criminal justice system.

Our Program Features

Individualized Treatment Plans

Our experienced team of addiction specialists will create a personalized treatment plan that integrates MRT and CBT techniques tailored to your specific needs.

Acceptance commitment Therapy (ACT)

ACT is a mindfulness-based therapy that helps individuals build psychological flexibility by accepting difficult thoughts and feelings rather than fighting them. It focuses on identifying personal values and taking meaningful actions that align with those values, even during challenging times. ACT can help improve emotional well-being, resilience, and overall quality of life.



Dialectical Behavior Therapy (DBT)

DBT is a skills-based therapy designed to help individuals manage intense emotions, improve relationships, and cope with stress effectively. It teaches practical skills in four key areas: mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness. DBT helps people develop healthier coping strategies and create lasting positive change.

Cognitive Behavioral Therapy (CBT)

CBT is a proven therapy that helps individuals identify and change negative thought patterns and behaviors, developing healthier coping strategies for long-term recovery.

Criminal Justice Focus

Our program is designed to meet the unique needs of individuals involved with the criminal justice system, offering specialized support and resources to help you navigate the challenges of recovery.

ADDITIONAL PROGRAM COMPONENTS

Group Therapy

Engage in supportive group therapy sessions to connect with peers and build a strong support network.

Family Support

Involve your loved ones in the recovery process through family therapy sessions to strengthen relationships and foster a supportive environment.

Holistic Therapies

Explore holistic approaches such as yoga, mindfulness, and art therapy to enhance your overall well-being and recovery journey.

Relapse Prevention

Acquire essential skills and strategies to maintain sobriety and prevent relapse, empowering you for long-term success.

