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## Group Counseling

**Domestic Violence -Men's & Women's-** DV groups are separate and work with offenders to recognize their emotions and respond to situations rather than reacting, over a 24 week period to become the best partner you can be.

**Thriving Through Trauma-** Our trauma group will work with you to identify, process, and grow to recognize the daily triggers that cause you to be overwhelmed or re-experience certain events from your past.

**Substance Abuse Prevention-**Addiction can be a very powerful disease to live with, but it's not impossible to overcome. Having the right support can make all the difference in long lasting sobriety.

**Anger Management-**If you struggle with keeping your cool, this group can be beneficial for you to learn and practice how to properly communicate and regulate emotions.

**Parenting Education-**There is no manual for parenthood. Gain support and insight from people who are dealing with similar issues.

**Living with Anxiety-** Anxiety can be paralyzing and overwhelming. This group will offer you the capacity to learn how work through anxious moments.

**Coping with Grief-**Moving forward in life without a loved one can be unimaginable. Support can be an important step to finding a new normal and honoring your loved one's memory.

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## Details

**Ages:** Adults

**Races:** All

**Genders:** All

**Intake Process:** Appointment Necessary Call

**Documentation:** Medicaid card Photo identification

**Payment Options:** Fee for service Private Insurance Public Assistance Sliding scale

**Special Needs:** Abused or neglected Behavioral health or substance abuse Immigrants/refugees Persons involved in judicial system Physical or cognitive disabilities Veterans

**Waiting List:** Never

**Minimum Age:** 18

**Contact:** April Williams

**Contact Email:** Administration@abqunited.com

**Capacity:** 14 clients per group

**Restrictions:** No child care available

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## Services

Behavioral Health & Substance Abuse Services

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## Locations

### Albuquerque United Behavioral Health Services

*3901 Louisiana Blvd NE, Ste B-C  
Albuquerque, NM 87110*

**Phone:** (505) 916-5186

**Fax:** (505) 200-0193

**Hours:** Monday thru Friday 9a-5p

**Languages Spoken:** English

**Geographic Area Served:** Bernalillo County Sandoval County Santa Fe County Torrance County  
Valencia County

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## Parent Organization

### Albuquerque United Behavioral Health Services

Our mission is to inspire hope and offer support for the mental health well-being of each client, whether suffering from addiction or needing guidance with their recovery and mental health. At Albuquerque United LLC, our providers strive to provide the best quality care to every client utilizing evidence based best practices, psychoeducation, and counseling

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**Phone:** (505) 916-5186

**Fax:** (505) 200-0193

**Primary Contact:** April Williams/Office Manager

**Contact Email:** [Administration@abqunited.com](mailto:Administration@abqunited.com)

**Type:** Forprofit

**EIN:** 84-2551219

<http://www.albuquerqueunited.com>