Honeycomb Wellness Center Providing Outpatient Recovery Support for Women

Honeycomb Wellness Center highlights women-centered IOP care in Marin County, connecting women with compassionate support while they manage daily life.

NOVATO, CA, UNITED STATES, September 29, 2026 /EINPresswire.com/ -- Novato, CA — Substance use and mental health challenges affect women across every part of a community, often reaching far beyond the individual. They can disrupt families, careers, education, friendships, and a woman's sense of safety and identity. Yet many women continue to face barriers when seeking care, including stigma, limited time, family responsibilities, and treatment environments that do not reflect their experiences.

Honeycomb Wellness Center is raising awareness of the need for accessible, women-centered recovery services in Novato through their women's intensive outpatient program (IOP). Designed for women age 18 and older, the program provides structured clinical support for substance use disorders and co-occurring mental health conditions while allowing women to continue living at home and managing important daily responsibilities.

The program reflects a broader community need: recovery support that meets women where they are. For some, stepping away from work, parenting, school, or family obligations, residential care may not be possible. Others may need continued guidance after completing a higher level of treatment. An intensive outpatient setting can help bridge that gap, offering consistent care while women begin applying new coping skills in real-world situations.

Honeycomb Wellness Center's women-only approach creates space for clients to discuss trauma, relationships, anxiety, depression, grief, and societal pressures without distractions. The environment is designed to encourage connection, reduce isolation, and help women recognize

that asking for support is not a personal failure but a meaningful step toward recovery.

Through clinical oversight, therapy, peer connection, family education, and practical life skills, women can develop tools to manage stress, set boundaries, prevent relapse, and strengthen healthy routines. Care may address substance use alongside conditions such as anxiety, bipolar disorder, depression, or post-traumatic stress disorder, recognizing that these concerns often overlap and require coordinated attention.

Sessions are held three days a week for three hours, providing nine clinical hours weekly. This structure can support women transitioning from more intensive care or those who need a reliable treatment plan without overnight residential services. Licensed clinicians and long-term recovery staff bring professional expertise and lived experience to the treatment environment, while a small client-to-staff ratio supports individualized attention.

The benefits extend beyond each participant. When women receive timely, compassionate treatment, families can begin rebuilding trust, children may experience greater stability, and workplaces and neighborhoods can benefit from healthier community connections. Recovery can create a ripple effect, helping women return to their lives with renewed confidence and a stronger support system.

Honeycomb Wellness Center is committed to making that next step feel possible. By combining evidence-based therapies, trauma-informed care, wellness practices, family involvement, and continuity of care, the center offers women a grounded path forward while contributing to a broader culture of understanding throughout the community.

Women seeking support and loved ones concerned about someone's well-being can visit the website and contact Honeycomb Wellness Center to learn more about eligibility, insurance verification, and available treatment options. No woman should have to navigate recovery alone.

Dave Ford
Honeycomb Wellness Center
+1 415-890-4787
email us here

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