



# HELPING MEN RECOVER

*If this flyer has caught your attention, it may be because you are considering or have decided to make fundamental changes in your life. Recovery is not easy and we are not intended to go through this alone.*

As part of this program, you will have the opportunity to meet regularly with a group of other recovering men. Together, in 18 sessions, you will develop **new skills** and a **new way of viewing** your role as a man. Your group will be led by Michael Smith, a Licensed Alcohol and Drug Counselor, with 11 years of treatment experience and 15 years of his own personal recovery.

**This program is designed to cover the specific areas that men consistently identify as triggers for relapse including:**

- Self-awareness and self- identity
- How men are socialized
- The impact of family origin
- Communication
- Power, violence and abuse
- Relationships
- Trauma and addiction
- Spirituality, what is it and how can it help me?

**Positive Living  
Health & Wellness  
774-992-7273**

**Most Insurances  
accepted or \$25 per  
group session**

**Tuesday\*s at 7pm**

Sessions will be held  
in person @  
862 Ashley Boulevard  
New Bedford, MA 02745

For more information on  
who we are and what we  
do, visit our website @  
[www.positivelivin.com](http://www.positivelivin.com)

Group Facilitator

Michael Smith, MA, LADC1

