



Free Programs for the Community

Alcoholism & Addiction 101

Is addiction a disease or a choice? Medical and societal beliefs are explored. The more we all understand the better we can heal our community. Brain science provides us the answer and the best direction for treatment.

Enlightening and mind blowing
for ANYONE and EVERYONE

2nd & 4th Tuesday 7pm (Aug 27 – Dec 10)
Every Thursday 10am (Aug 29 – Dec 12)
Call to reserve your spot!

12 Steps For Dummies 😊

12 step programs help millions everyday. Dispel rumors and myths about 12 step programs and their origin. Learn how and why they work. This 4 part series will give you the truth about these life saving fellowships; how they operate, how and why they work, and why awareness of these facts is valuable to the entire community,

Week #1 - General knowledge about 12 step programs, groups, and the many different fellowships following the original AA 12 Steps.

Week #2 - Brief overview of Steps 1 - 3.

Week #3 - Brief overview of Steps 4 - 7.

Week #4 - Brief overview of Steps 8 - 12.

Every Sunday 10:30am – 11:30am

Call to reserve your spot!



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Healthy Relationships



McMan

5-Part Series

Wednesdays at 2pm
Starting October 2nd



This powerful 5 part series is offered through the cooperation of Catalyst Group & McMan Youth, Family and Community Services Association. Co-facilitated by Paula Williams-Iverson of McMan Services & Brian Innes of Catalyst Group, this series is packed with valuable information and tools for those attending.

From understanding different personalities and communication styles to developing an understanding of healthy relationships. What should a healthy, positive relationship look like? Feel like? How do our relationships affect other aspects of our life and well being?

Free Treatment Consultation

Book an appointment to meet us and discuss treatment options. We will explain our services & options and provide you with suggestions for a personalized treatment and recovery plan.

Catalyst Group

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