



# The Next Chapter: Addiction Recovery Group

A **weekly, online** process group beginning **Wednesday, January 14th** for those wanting to break free from addiction and build a more connected, fulfilling life. Can join at any time!

**Connection is the Antidote to Addiction.**

## Who should attend...

- *Individuals dealing with substance use or behavioral process disorders -*
- *Who want **recovery tools, relapse prevention strategies** and **safe community** -*
- *And are seeking **deeper insights** into why they escape, numb or protect themselves.*

## What to expect..

- *A caring community of 8-10 people*
- *Safe and confidential*
- *Process-style open discussion*
- *Facilitated by Gina Gardner, Certified Addiction Treatment Counselor, with over 16 years in the recovery community and a passion for helping others feel safe and free*

**Learn more and reserve your spot.**

Begins Wednesdays, Jan 14th, 12:30-1:30p, \$50/session via Zoom (HIPAA compliant)

[ginagardner.com](http://ginagardner.com) | 805-225-7925

Can join at any time. Limited participation. Monthly commitment required to build community, \$200/month.