



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)

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