



The Next Chapter: Addiction Recovery Group

A **weekly, online** process group beginning in January for those wanting to break free from addiction and build a more connected, fulfilling life.

Connection is the Antidote to Addiction.

Who should attend...

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

What to expect..

- A caring community of 8-10 people
- Safe and confidential
- Process-style open discussion
- Guided group facilitated by Gina Gardner, Certified Addiction Treatment Counselor with over 6 years group facilitation experience

Learn more and reserve your spot.

Lunchtime Group, 60 mins, Exact Day/Time TBD, \$50/session via Zoom (HIPAA compliant)

ginagardner.com | 805-225-7925

Limited participation. Monthly commitment required to build community, \$200/month.