



**COME JOIN US**  
**and...**



# Let's Talk About Recovery!

*What is Recovery?*

In the Let's Talk About Recovery Group we will ...  
Examine the Struggles & Triumphs of Recovery

**GROUP**

Via ZOOM

## **GROUP INFORMATION**

**Tuesdays**

Ongoing, Open  
Group

**From** 1:00 PM –  
2:00 PM

## We Will Explore Topics Such As:

- Learning the 5 Stages of the Recovery Process
  - Good Days & Bad Days
  - Anxiety
  - Feeling Disempowered
  - I Am More Than my Diagnosis
- Hope as the Beginning of Recovery
- Being Surrounded by Possibilities
  - And Much More!!!

Contact your Case Manager for more information & to Sign Up!

(248) 524-8801 OR (248) 969-9932