



# Recovery Growth Group

## Meets Monthly for Four Consecutive Months

***Cost: \$150 - four monthly sessions***

- Each month six members focus is on a specific topic, goal, or area of growth.
- Prior to the first meeting, group members will participate in a discovery process they will bring ready to share at the first meeting (included in fee).
- During the first meeting, members share their specific goal, the motivation driving the goal, and any roadblock they may perceive.
- Consecutive months involve sharing their wins, struggles, or challenges with their topic as well as their interest in deepening this process or choosing another topic for the following month.
- Considerations for each meeting:
  - If you achieved success, how do you see that success adding to your overall growth to the life path you are on now?
  - If you did not move ahead, what were your specific blocks to the process?
  - Do you need/want to move towards a different goal? Why?
- It is essential that participants are open to group accountability and trust.

**\* Contact Gloria @ 612-866-1056 or [gloria@recoveringu.com](mailto:gloria@recoveringu.com) for dates, location and more information.**

\*As an ally of the recovery community for over 35 years, Gloria honors all pathways of recovery. She offers individual coaching to those seeking recovery from substance and food misuse, addictive behaviors, and relationships. She also offers two support groups: **MRC CRAFT Family Support**, and **A Different Kind of Grief<sup>sm</sup>** for those who have a loved one who has died from substance misuse. She is the author of **Living in the Wake of Addiction: Lessons for Courageous Caregiving**.