



Caron Philadelphia presents

Recovery Skill Building Group

Facilitated by Barbara Teal, MBA, ICADC, CET II

Caron Philadelphia Office

6:00 pm – 7:30 pm on the 3rd Tuesday of each month

(First group will be held January 20, 2009)

Initial stages of recovery from chemical dependency and codependency focus on identifying the problem and establishing a self-diagnosis. Once this basis for recovery is accomplished, the real work begins.

Leaving treatment often feels like having one's feet "firmly planted in midair," and while the 12-Steps directly address this issue, there is still a need for additional information, as well as a safe place to practice newly acquired skills. Individuals in recovery need to acquire the ability to live in a world free of substance abuse and/or addictive behaviors.

In accordance with Caron's commitment to "Recovery for Life," this group is designed to assist alumni in applying the skills that were damaged or lost during their active addiction and/or codependency. Each week will focus on a specific skill, and include staff presentations and facilitated practice.

Topics will include:

1. Using 12-Step Programs and Sponsorship Effectively
2. Relationship Skills
3. Communication Skills
4. Anger Management and Conflict Resolution
5. Spirituality
6. Processing Feelings
7. Decision Making and Problem Solving
8. Leisure Skills
9. Time Management and Self-Discipline

The group will address a different topic each month for 12 months. You may participate in whichever groups are most appropriate to your recovery.

A \$20 fee will be collected weekly.

For more information or to register, contact:

Jim McManus, Regional Vice President

Office: 484-351-7340

Cell: 610-413-5053

Caron Philadelphia

Interchange Corporate Center

450 Plymouth Meeting Road, Suite 301

Plymouth Meeting, PA 19462

www.caron.org