

Addiction Recovery Process Group

Starting **January 12th**, Bridgehaven will offer our next **Addiction Recovery Group** for those who struggle with substance or behavioral addictions.

These groups are designed to assist those entangled in life dominating patterns. Our recovery groups provide a structured therapeutic environment, which can be supplemented by individual counseling. This allows us to provide an intensive form of care for those whose addictive struggle require more than a recovery group alone.

Bridgehaven groups are intended to advance the process of change for our clients, and enhance the pastoral care / community life of your church by providing the initial intensive context for change. We recognize that an individual's quality of relationships, outside of counseling, are critical for sustainable change. Therefore, in order to maximize the long-term success of those we serve, we advocate for a high level of participation in the life of their local church while participating in our recovery groups.

The Addiction Recovery Group is composed of three components:

1. A **theological recovery map** to helps participants understand a biblical psychology of addiction.
2. An exploration of the **mechanics of transformative change** specifically geared toward addiction.
3. **Personal guidance in practically applying holistic change** in the various aspects of their life; recognizing that overcoming addiction is a lifestyle change and not just the removal of a particular destructive habit.

These groups help participants develop a personalized, process-oriented recovery plan to address spiritual, physical, psychological, and social factors.

The ability to supplement group with individual or family counseling by the same counselors allow Bridgehaven to offer a uniquely effective program.

- **Launch Date:** January 12, 2015
- **Audience:** Men, 18 & above
- **Target:** Substance (*alcohol & drugs*) or Behavioral (*pornography, gambling, eating*)
- **Recurrence:** Every Monday Night
- **Time:** 6-8pm
- **Location:** 313 South Blount St. 2nd floor, Suite C, Raleigh, NC 27609
- **Duration:** Program is built around a 13 week schedule (*open enrollment until participant capacity reached*)
- **Cost:** \$500 for each 13 week cycle, \$150 for each additional month (*individual or family counseling available at additional expense*)
- **Contact Person:** Chris Ball (*information provided below*)

Let us know if you have any questions, and please help us in sharing this program throughout our Raleigh-Durham community. Thank you.

Christopher Ball

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