

Recovery takes practice...

The benefit of the group process only comes about by becoming involved in it. When people practice communicating with others, practice listening, practice taking responsibility, practice validating each other or sharing concerns - they learn to socialize, problem solve, and develop connections with others.

In other words they learn to be a part of a community, which is exactly what their interactions *outside* of group are all about. Interacting also allows people to learn things about themselves and have insights into their strengths, self-defeating behaviors, and areas they might wish to improve upon to enhance their relationships with others.

These skills don't come naturally to anyone who has been isolated because of Substance Use Disorders or Psychiatric Disorders. If you wait to have a better relationship with yourself and others without practicing the skills of respectful interaction, it simply won't happen. Group is the answer.



Benefits of Group

1. The opportunity to be more open and discover a person's *undiscovered* potential.
2. An atmosphere that allows a person to see through their blind spots as the group helps a person see things in themselves they have never realized before.
3. An excellent start toward a life of honesty and openness.
4. A safe place to experiment with things a person has never tried before because there is no such thing as failure, only new experiences to grow from and learn about.
5. The realization a person is not alone in the problems they are experiencing or have had.
6. An opportunity to express fear, sadness, anger, or a feeling never expressed before with the support of others.
7. An opportunity to talk to someone in a way never tried before.
8. The experience of trying new, healthy behaviors that lead to learning how to trust oneself and develop self-awareness by acknowledging one's own unique abilities.