

# Recovery Skills Group for Male-Identifying (18+) Individuals:

## Building Strength, Purpose, and Connection

### **Group Format:**

- Ongoing group, weekly sessions (90 minutes each)
- 6-week commitment
- Integrative approach using CBT, Relapse Prevention, and Motivational Enhancement
- Designed for adults early in recovery (within one year post-treatment)

### **Program Goals:**

- Strengthen relapse prevention skills
- Build healthy recovery routines
- Deepen insight into triggers, values, and purpose
- Cultivate connection and accountability within a supportive group setting

### **Schedule:**

Begins January 2026

Thursday evenings, 6:30–8:00 pm

### **Join Us!**

For more information or to enroll:

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### **Facilitators:**



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