

# *Sobriety Group*

The Solution-focused Sobriety Group is designed to empower you to work toward living a sober life. You will have the chance to look at the past, present and future in a positive light. Your group facilitator will help you understand what was different before the problem started, the positives about your current situation, and how things can change for the better in the future.

*Objectives of group therapy include, but are not limited to:*

- Better understand your strengths, resources, & coping skills •
- Assist others in understanding the positives within each one of us •
  - Share your thoughts and feelings about your life and goals •
  - Listen & give support to other group members •
- Feel a sense of support & connection with other group members •



This group supports diversity, as members often come from different stages of life, backgrounds, and stages of recovery. You will define your personal goals, and choose the path that is right for you.

**For more information and to schedule call at (619) 275-2286**

