

## **Celebrate Recovery Small Groups CAN:**

- Provide you a safe place to share your experiences, strengths, and hopes with others that are also going through a Christ-centered recovery.
- Provide you with a leader who has gone through a similar hurt, hang-up, or habit and who will facilitate the group as it focuses on a particular Step each week.
- The leader will also follow Celebrate Recovery's "Small Group Guidelines," listed below.
- Provide you with the opportunity to find an Accountability Partner or a Sponsor.
- Encourage you to attend other recovery meetings held throughout the week.

## **Celebrate Recovery Small Groups Will NOT:**

- Attempt to offer any professional advice. Our leaders are not counselors. At your request, we can provide you with a list of approved counseling referrals.
- Allow its members to attempt to "fix" one another.

### **Small Group Guidelines**

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3-5 minutes.
2. There will be NO cross-talk. Cross-talk is when two individuals engage in conversation excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not "fix" one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

## **Chemically Dependent**

### **Individual groups for men and women**

This group is for anyone who has ever thought they have a problem with drinking alcohol or using drugs. You may have tried to quit on your own and found some level of sobriety, but freedom from the compulsion to use your drug of choice has been elusive. At Celebrate Recovery, we know that a relationship with Jesus Christ as our Higher Power can set us free.

**\* Please be advised if anyone threatens to hurt themselves or others, their Small Group Leader has the responsibility to report it to a Celebrate Recovery Ministry Leader.**

## **Co-Dependency**

### **Individual groups for men and women**

This group is for anyone struggling with the compulsion to rescue or take care of others, the compulsion to control or manipulate others, having difficulty setting boundaries, or recognizing their own worth. Members in this group learn to express their own needs and wants in a healthy way.

## **Physical/Emotional and/or Sexual Abuse**

### **Individual group for men and women**

This group is for anyone who has endured past physical, sexual and/or emotional abuse. Recovery includes healing from the traumas done to us at some time in our past, as well as healing from the influence these past experiences continue to have on our lives.

## **Adult Children of Family Dysfunction**

This group is for anyone who grew up in a family or home where one or more caregivers struggled with addiction, compulsions, co-dependency or any other unhealthy behaviors. Recovery includes healing from the damaged emotions and belief systems from our childhood.

## **Sexual Addiction**

### **Individual groups for men and women**

Support group for those seeking recovery from lust and compulsive sexual behaviors. This group provides fellowship, is a safe place to share our struggles, pain, and victories, and helps to establish accountability and mutual support among the group members throughout the week.

## **Food and Body Image Issues**

This group is for anyone who struggle with food and/or body issues that may result in compulsive behaviors such as overeating, bingeing and/or purging, starvation, excessive exercise, or obsession with food, looks, and/or body weight/size. Recovery includes transferring worship from food and body to God, and replacing lies and unhealthy distorted beliefs about God, food and body, with truth and healthy God-driven self-worth and esteem.

## **Love and Relationship Addiction**

This group deals with Love and Relationship Addiction, and provides a safe place to deal with the depression, isolation, lack of trust, and the unhealthy use of love and relationships as a means of achieving worth.