



Addictions/Compulsions Recovery Group

Getting Back or Staying On Track Takes Support

This group is designed as a support and therapy group specific to the needs of people who have struggled with addictions and compulsions (alcohol and drug abuse, gambling, shopping, hoarding, overeating, pornography, recurrent infidelity, etc.). We welcome people at all stages in the process of recovery, with a history of any type of addictive or compulsive behaviors. (While will not specifically focus on 12-Step Process programs, we encourage people to use all the resources that are helpful in their recovery process.)

This group is designed to:

- Emphasize your personal recovery process.
- Utilize strength building and coping skill development with a focus on whole-person personal growth.
- Help you develop a plan to recognize your triggers and what this means for your recovery.
- Re-learn communication and other relationship skills to reconnect to people in your life and develop new, healthy relationships.
- Help you deal with daily stressors, depression, anxiety, and other mental health issues.
- Develop a network of support within and outside of the group to help when times get tough.

**Using skill building strategies,
in a supportive and therapeutic environment,
we will help you develop a personal plan for success.**

When: Please contact regarding date and time – open enrollment
Where: Lepage Associates, 5842 Fayetteville Road, Suite106, Durham
(Convenient for the entire Triangle just ½ mile off I-40 near Southpoint Mall.)
Cost: \$80 per session (most insurance providers will reimburse some % of the fee; we can help you file your insurance for reimbursement)

**To Register: Download a registration form from our website; Call 572-0000
or email officemanager@lepageassociates.com
Space is limited so register now to reserve a spot!**

www.lepageassociates.com