

# Celebrate Recovery®

## **Co-Dependent Women in a Relationship with a Sexually Addicted Man**

Sexual addiction and its causes are largely unknown to most people. This group not only provides support, but also helps women seek an understanding of their own personal issues. Co-Dependents can then confront their own denial and behavior while gaining insight and understanding of their spouse's sexual addiction.

## **Recovery from Anger Individual groups for men and women**

These recovery groups are for men and women who find that anger is their first response to problems of any size. The anger may be very evident as rage, or less obvious in terms of withdrawal and isolation. These groups focus on managing a God-given emotion in constructive ways.

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

This group is designed to help you, with God's power, gain financial freedom from your debts so you can start managing your finances God's way. In addition, the core hurts, hang-ups, and habits that have caused the financial trouble and stolen the serenity and joy that God has intended, will be overcome.

**WELCOME NEWCOMERS!**

## **RECOVERY GROUP INFORMATION**

If you are new to recovery  
we encourage you to attend  
“Newcomers 101”

Legacy Church of Christ  
8801 Mid Cities Blvd  
North Richland Hills, TX 76182  
817-485-6749

**WELCOME TO AN AMAZING SPIRITUAL ADVENTURE!**

## **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**

If you find that you cannot quit drinking or using entirely, even when you honestly want to, or if you have little control over the amount you consume, you are probably an alcoholic and/or an addict. If that is the case, you may be suffering from a problem that only a spiritual solution will conquer.

**\* 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 those struggling with the compulsion to rescue and take care of others, have difficulty setting boundaries, or recognizing their own worth. Members in this group learn to express their own needs and wants in healthy ways.

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

### **Individual group for women**

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

## **Adult Children of Family Dysfunction**

### **Individual groups for men (formerly Adult Children of Alcoholics)**

The family problem of alcoholism made us "co-victims"—those who take on the characteristics of the alcoholic without necessarily ever taking a drink. Choosing to recognize and exit the modeled behaviors of alcoholism is the beginning of recovery for the ACFD.

## **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.

## **Eating Disorders and Food Addiction**

### **Individual groups for women**

This recovery group's purpose is to learn a new way of living. The Eating Disorder group addresses Anorexia and Bulimia. The Food Addiction group addresses compulsive overeating and those on the diet roller coaster. We have learned, our tendency is to compulsively try to control food or to be out of control with food. At your own pace, you will learn to trust, to ask for your needs to be met, to say "no" when it is appropriate, to express your feelings, and to hang around when all you want to do is run.

## **Women's Love and Relationship Addiction**

This group deals with Romance and Relationship Addiction only, 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.