

# Open Share Groups

Open Share support groups are designed to meet the recovery needs of a broad range of participants. Open Share Groups are great entry points and sustainable access points in anyone's journey of recovery. They are safe places to practice honest dialogue and receive support from a community of people who share your same struggles. Our Open Share Groups are gender specific and meet only on Thursday CR evenings.

## **Mixed Issues** (Men & Women's groups)

If other groups don't meet your specific recovery needs, then this group will help you address and begin the healing process for your hurt, habit, or hang-up. Through a relationship with Jesus Christ as Savior and Higher Power, and by working through the 8 Recovery Principles and the Christ-centered 12 Steps, we can find freedom from our many issues.

## **Chemical Dependency** (Men & Women's groups)

Have you ever thought that you have a problem with drinking alcohol and/or using drugs? If so, you may have tried to quit on your own and found that while you can gain some level of sobriety, 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.

## **Co-Dependency** (Women's group)

Co-dependency is when a person's need for approval or validation from another person allows them to be controlled or manipulated. It can also apply to a person who attempts to manipulate or control others. They are willing to compromise their own values, choices, and behavior at the expense of their personal well-being. Through a relationship with Jesus Christ as Savior and Higher Power, and by working through the 8 Recovery Principles and the Christ-centered 12 Steps, we can find freedom from our hurts, habits, and hang-ups.

## **Survivors of Physical, Emotional, and/or Sexual Abuse** (Women's group)

This group is for anyone who has experienced physical, sexual, and/or emotional abuse. Recovery includes healing from 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 current life.

**Sexual Integrity Issues** (Men's group) Support group for those seeking recovery from lust and compulsive sexual behaviors. This group provides fellowship and a safe place to share our struggles, pain, and victories. Find help establishing accountability and mutual support from other group members throughout the week.

## **Welcome Home** (Men's group)

Welcome Home Groups are a safe place for veterans to connect. Many current and former military members miss the camaraderie that the culture provided. This same sense of belonging can be achieved through CR's Welcome Home Group. If you are having challenges related to your military experience, please join us.

## 12 Step Groups

Step Study Groups provide an opportunity for deep self-evaluation and reflection while becoming free from life's hurts, habits, and hang-ups. By applying the Biblical principles of conviction, conversion, surrender, confession, restitution, prayer, quiet time, witnessing, and helping one-another, you restore or develop stronger relationships with others and God. Groups are gender specific but with mixed recovery issues and meet outside normal Thursday CR nights. This allows you to grasp information from both experiences without being overwhelmed and develop accountability through a sponsor.

To begin 12 Step work please see a CR Leader on Thursday nights. Our groups begin about every 3 to 4 months and last for 25 weeks. Regular announcements are made prior to start of new 12 Step Groups.