

### Celebrate Recovery Small Groups CAN:

- Provide 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, habit, or hang-up and who will facilitate the group with guidelines that protect your confidentiality and anonymity.
- 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.

### For More Information

CR@thehills.org  
thehills.org/CR  
817.281.0773

### National Website

celebraterecovery.com

## Celebrate Recovery

The Hills  
Church



# Recovery Group Information



## Open Share Groups for Men

### ***Chemical Dependency***

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.

### ***Mixed Issues***

If you haven't found a specific group for your recovery needs after Newcomers 101, the Mixed Issues Group is here to help you begin healing from your unique hurt, habit, or hang-up.

### ***Sexual Integrity***

A support group for those recovering from lust and compulsive sexual behaviors. It offers fellowship, a safe space to share experiences, and helps establish accountability and mutual support throughout the week.

### ***Welcome Home (Veterans)***

A safe space for veterans to reconnect and find camaraderie. Join us to address challenges at home, work, or in public related to your military experiences.

## Open Share Groups for Women

### ***Chemical Dependency***

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.

### ***Co-Dependency***

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.

### ***Food & Body Image***

Food & Body Image A support group for those who have an excessive or compulsive relationship with food, having turned to food as their comforter or having believed the lie that their bodies define who they are. Here you will find others working to establish a healthy relationship with food and a healthy body image.

### ***Mixed Issues***

If you haven't found a specific group for your recovery needs after Newcomers 101, the Mixed Issues Group is here to help you begin healing from your unique hurt, habit, or hang-up.

### ***Survivors of Physical, Emotional or Sexual Abuse***

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.

## For First Time Guests

### ***Newcomers 101***

What is Celebrate Recovery? Is this the right place for me? How do I get plugged in? We're here to answer these questions and any others you might have.

## 12-Step Study Groups

These groups are where we really dig into the work of recovery. Providing opportunity for deep self-evaluation and reflection, these groups are where understanding and healing take place. By applying Biblical principles to our lives, we find freedom from life's hurts, habits, and hang-ups. 12-Step Study Groups are gender-specific but with mixed recovery issues. They meet outside of our normal Thursday CR nights on different days and at various locations. New groups start every 4 months.