

Small Group Guidelines

- Keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3–5 minutes.
- 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/her feelings without interruptions.
- We are here to support one another, not “fix” one another.
- 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.
- Offensive language has no place in a Christ-centered recovery group.

T.E.A.M. Contacts for Help or Information

Training Coach - Mary Bukosky 810.239.1842; Brian Huyck 810.577.3595

Encourager Coach - Larry Gore 810.845.9362; Kim Wilding 810.515.1325

Assimilation Coach - Mary McDonough 810.444.4144

Ministry Leader - Kim Hall 810.659.4623; Dean Meadows 810.348.0371

Kids program & nursery available from 6:45 p.m. - 10 p.m.

Parents it is your responsibility to escort and pick up your children. They are never to be left unattended.

Also, please wait until after fellowship to pick kids up. Our Groups and Cafe are designed for Adults only.

**WE CURRENTLY DO NOT HAVE A
TEEN PROGRAM.**

We meet every Friday night!

6:00 – 6:45 p.m. Dinner

7:00 – 8:00 p.m. Large Group

8:00 – 9:00 p.m. Share Groups

9:00 – 9:45 p.m. CCR Cafe

Central Church of the Nazarene

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Flint, MI 48507

810.235.5671

www.centralnazarene.com

www.celebraterecovery.com

Central
Celebrate Recovery®
Welcome!

We are so glad you are here! We want you to know this is a safe place. Anonymity & Confidentiality are a crucial part of this program and we take it very seriously.

We all have Hurts, Habits and Hang-ups that trip us up in life. Celebrate Recovery will help you heal by taking you through the 8 recovery principles and the 12 steps and introduce you to a loving, forgiving Higher Power - Jesus Christ. By working this program you will be able to free yourself from the bondage of addiction and dysfunctional and/or compulsive behaviors.

You will also find accountability partners and friendships with those who understand you right where you are. Please know that you are not alone & we understand what you are going through. We hope you keep coming back and know that there is a way out!

**If you are new to CCR, we encourage you
to attend “Newcomers 101” in Room 14**

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.

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.

Sexual Addiction

Individual group for men

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.

Sexual/Love/Relationship Addiction

Individual group for women

This group provides a safe place to deal with the depression, isolation, lack of trust, and the unhealthy use of sex, love and relationships as means of achieving worth. Female sexual addiction is an addiction to using our sexuality for the wrong reasons with the wrong people. The goal is for the healing of a broken and empty heart and the filling of that heart with a love for God, for others and for yourself in new healthy ways.

Anger and/or Codependent

Individual group for women

This group is for those who find that anger is their first response to problems of any size. This group is also for codependence which is characterized by dependence on outer or external sources for self-worth and self-definition which leads you to live life in reaction to, and give power of your self-esteem over to outside sources.

Eating Disorders and Food Addiction

Individual group 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.

Recovery from Anger/Physical Abuse

Individual group for men

This recovery group is for men who find that anger is their first response to problems of any size. This group also deals with being a survivor or cause of physical abuse. 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.

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.

*** 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.**