

Group Mission Statement

To provide a safe, healing and supportive environment for men who have the intent to stay abstinent, willingness to be honest and openness to make life changes necessary for successful recovery.

This 12-week group will address the following topics:

- Personal stories and recovery goals
- Physical, mental and spiritual symptoms and damage caused by alcoholism
- Early sobriety challenges
- Identifying and coping with triggers and cravings to use
- Interpersonal and family issues
- Spirituality
- Practicing self-care and healthy sober lifestyle
- Effects of personal changes and growth on loved ones
- Forming healthy relationship boundaries
- Relaxation, meditation and mindfulness
- Relapse prevention
- Alternative coping skills for maintaining long-term recovery

Confidential
CARE LLC

Presents

Men's Early Recovery Group



*A weekly support group for men
with substance use disorders*

Location/ for more information:

Confidential CARE, LLC
80 Washington Square Suite D-25
Norwell, MA 02061
781-878-9809
www.confidentialcare.net

Fee

Each one-hour group session is \$40.00. If 12 sessions are paid initially up front, then the last session is free (credit cards accepted).

An initial assessment is required for individuals who are not currently clients of Confidential Care, LLC in order to determine if they are an appropriate fit for this group and to offer treatment suggestions. This assessment is a one time fee of \$150.00.



About the Group Facilitator

Daniel Lynch is a Certified Addiction Specialist (CAS), Family Interventionist (BRI-1), and a Licensed Alcohol and Drug Counselor (LADC-1). Throughout his 20+ years in the addiction field, he has worked with clients from a variety of industries including the political, entertainment and private sectors. Dan is associated with the Association of Intervention Specialists (AIS), South Shore Coalition of Independent Therapists, American Academy of Health Care Providers in the Addictive Disorders, and the Commonwealth of Massachusetts Department of Public Health Bureau of Substance Abuse.