

Group Mission Statement

To provide a safe, healing and supportive environment for women 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

Sarah Allen Benton, MS, LMHC
in collaboration with:

Confidential
CARE LLC

Presents

Women's Early Recovery Group



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

**Mondays at 11:00am
beginning February 1st
(with rolling admission)**

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 1.5 hour 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

Sarah Allen Benton is a Licensed Mental Health Counselor at McLean Hospital in "The McLean Residence," a start-up transitional living program for substance abuse and dual diagnosis treatment in Waltham. She is author of the book, *Understanding the High-Functioning Alcoholic: Professional Views and Personal Insights* and has been featured in the NY Times, has appeared on The Oprah Winfrey Show, CBS Early Show, NPR and writes a "High-Functioning Alcoholic" blog for PsychologyToday.com

www.highfunctioningalcoholic.com