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## Goal Setting & Weekend Planning

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Many of us find ourselves asking the question “Where do I go from here?” in early recovery. In this group, you will be able to plan for your future in recovery along with making smaller plans to get through some of the most difficult times in early recovery: weekends, holidays, big events, and more.

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### SMART Recovery

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At CCCG, we don’t believe that recovery is “one size fits all,” especially when it comes to support groups. SMART Recovery is an alternative support group based in cognitive skills and self-management that many find to be a refreshing addition or alternative to the 12-step model. *Free and open to the public*

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### Refuge Recovery

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Refuge Recovery is a Buddhist path to recovering from addiction. Here you can learn and practice mindfulness, compassion, forgiveness, and generosity to heal pain and suffering. *Free and open to the public.*



**Fonta High**  
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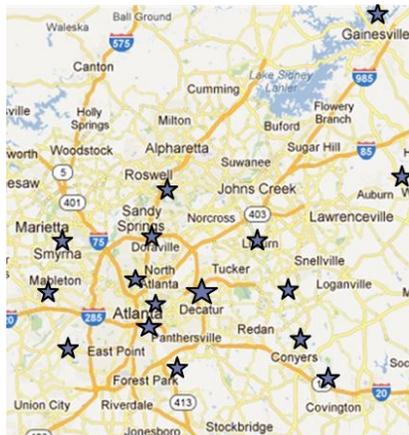


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## Intensive Outpatient Program (IOP) Groups

**Monday– Thursday**  
**5 pm– 8 pm**

A licensed and CARF  
accredited Substance  
Abuse Treatment and  
Recovery Program



Contact Fonta High for more information:

fhigh@cccgeorgia.org  
(404) 636– 1457 ext. 417

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## Mindfulness Based Relapse Prevention

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This group provides experiences for you to learn and use mindfulness, meditation, and relaxation skills to prevent relapse and improve quality of life in recovery. You will learn the principles of mindfulness, including focusing on being fully present in the moment, practicing non-judgment and self-compassion.

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## Early Recovery Skills

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The early weeks are some of the hardest. Learn to face the challenges and uncover the opportunities that early recovery presents. Develop confidence in recognizing triggers and build coping skills to use as you adjust to the new normal.

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## Spirituality in Recovery

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Addiction is frequently known to cause “spiritual bankruptcy.” In this group, you will be allowed to reconnect with your spiritual self in a space that is open to all aspects of spirituality and greater connection.

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## Community Acupuncture

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Acupuncture has been studied in early recovery and proven to help in the reduction of cravings and stress. In Community Acupuncture, only ear points are used to gain these benefits while the process is examined and discussed in a group setting.

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## Distress Tolerance

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In Distress Tolerance Group you learn to identify an inability to fully experience unpleasant or uncomfortable emotions, and how they can maintain addictive behaviors. You will acquire new and healthy coping skills for addressing and managing these feelings as we work towards recovery.



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## Family Recovery

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We all know that recovery is a family process since addiction affects all areas of a person's life. In Family Recovery, you will get the unique opportunity to work on communication and recovery skills with your family of choice and primary support system.

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## Process Group

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There are few places for someone in early recovery to just sit back and talk about all the hardships, victories, and daily stressors associated with this new phase of life. Process Group offers you exactly that. With no curriculum or lesson plan, you are free to talk about what is on your mind

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## Full Body Recovery

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Substance abuse affects our minds and bodies in many ways. In this group, you will learn about caring for yourself in early recovery medically, nutritionally, and physically,

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## Experiential Group

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Since addiction affects the whole body, we want to get the entire body involved in recovery. Experiential group uses expressive media and activities for safe, creative self-expression, mindfulness, and healing. You will practice various activities like sense exploration, group interactions, art therapy, gentle yoga, chi gong, etc

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## Coping Skills

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In this group, you will learn to manage emotions of everyday stress including but not limited to feeling angry, overwhelmed, anxious, sad, depressed, and more. You will learn vital coping skills and techniques to practice every day

