

Recovery Circles

Recovery Circles are small groups that meet once a week for one hour where people connect, grow and inspire others. Each Recovery Circle is led by a trained Circle Facilitator who also has a recovery story. Circles take place at Recovery Café on the days they are open.

These groups promote healing & growth through:

- **Supporting others** and discouraging the isolation that triggers substance abuse. Circles create a space where people can be themselves, brokenness and all, and meet together to be a part of a supportive community.
- **Serving each other** with the giving and receiving of attentive listening, respectful feedback with permission, and a commitment to honest sharing. Members learn to trust again and practice healthy interactions with others.
- **Educating about the recovery process** including the realities of living with addiction and sometimes mental illness.
- **Exchanging advice** and gaining the skills needed to prevent relapse. Recognizing triggers or high-risk situations for relapse and finding alternative social and recreational opportunities.
- **Accepting loving accountability** to attend weekly Circles or notifying Recovery Café prior to absence.