

PRESENTED BY BASES RECOVERY CENTER

208 West Lincoln, Charlevoix, MI 49720

231-547-1144 for more information

2017 BASES Family & Friends Support Group

Recovery from addictions is possible and can be expected when you understand what the ingredients of a successful recovery program look like. This 7 session program will provide basic education and information about addiction and recovery to help you learn how to help yourself and your loved ones.



Next round begins Sunday, Jan 8th, 2017

4:00 to 6:00 pm at BASES

This program is offered at no charge.

Session #	Topic	Winter 2017	Spring 2017	Fall 2017	Winter 2017
1	Addiction 101	1/8/17	2/26/17	9/10/17	11/5/17
2	Recovery DMR	1/15/17	3/5/17	9/17/17	11/12/17
3	Recovery Supports	1/22/17	3/12/17	9/24/17	11/19/17
4	What is Enabling?	1/29/17	4/9/17	10/1/17	11/26/17
5	Healthy Relationships	2/5/17	4/23/17	10/8/17	12/3/17
6	Boundaries & Limits	2/12/17	4/30/17	10/15/17	12/10/17
7	Relapse Prevention	2/19/17	5/7/17	10/22/17	12/17/17

This program is great for those in recovery and all friends and family that will be supporting a person in recovery. This information is critical for anyone dealing with another person's addiction. Appropriate for adults as well as children age 12 and older.



All sessions are held at BASES Recovery Center at 208 W Lincoln in Charlevoix. Please call BASES at 231-547-1144 to register for this class.