

What is a Step One Recovery & Support Group?

Step One Recovery & Support Groups are small groups that facilitate open, honest, and supportive interaction. These recovery and support groups are structured to provide a safe place of healing and acceptance. **All groups are confidential.**

Step One groups are not Professional Group Therapy experiences. They are peer led support groups.

Hopes for the Step One Recovery & Support Groups

- Recognize how your present life can be affected by your past.
- Put unhealthy parts of your past behind you. Develop a loving view of God, self and others.
- Take ownership of how you live your life!
- Learn new tools to cope with relationships and stressful events.
- Develop a deeper and more meaningful relationship with God.
- Move on with hope and a community of care and support.

Childcare available upon request:
Contact Ann Simpson at
asimpson.crosswindschurch@gmail.com
(925) 560-3800

Step One Recovery & Support Groups Meeting at CrossWinds Winter 2011

For start dates and times, please see group descriptions below. All groups are co-ed unless noted and are led by trained facilitators in a safe, loving, and confidential community where healing can take place. The groups are free. Books and materials can be purchased at your Step One group. For further information or to register visit www.crosswindschurch.org, select Community Life/Recovery & Support Groups or contact Jim Matthews, Step One Director, 925-560-3889 or jmatthews.crosswindschurch@gmail.com

■ Monday Evenings - (starting 1/17) 7-9 pm

Growing In Recovery Workshops

An ongoing series of one evening introductory workshops presenting an overview of the process of recovery.
Leader: Dale Walters

The 12 Steps of Recovery: A Classic Model For Christian Spiritual Growth - 1/17 (Rm 109)

This workshop will help us integrate the concepts and language of Christian spiritual growth with the fundamentals of 12 Step Recovery. This will help us become "bi-lingual" in both worlds.

Recovery "Tool Time" - 2/21 (Rm 109)

The Carpenter's Creed: "The right tool for the right job." is good wisdom for recovering people. In this workshop, we will identify various tools that will give us an edge in recovering successfully.

Why Does Recovery Take So Long? - 3/21 (Rm 102)

"It goes quicker when you slow down." This workshop will help give us permission to "ease on down the recovery road" as we come to understand "Early", "Middle" and "Late" Recovery stages and their tasks.

■ Tuesday Evening (starting 1/18) 7-9 pm

Divorce Care-14 wks (Rm 109)

If you have experienced separation or divorce, this group is for you. Each week a DVD is shown relating to a specific topic, followed by discussion and support from within the group. You will find encouragement, hope, direction and perspective. \$15 material cost
Leader: Lorna Christensen

Grace & Truth: The Art of Communication-10 wks (Rm112)
This class helps us to develop important communication skills. It starts with the basics: mapping an issue, listening techniques, fighting fair guidelines, and more. \$12 material cost
Leader: Rob Tanner, Kerry Cadwell

Hidden Keys to Loving Relationships-8 wks (Rm 215)
We were wounded in relationships. We are healed in Relationships! This 8 week video/discussion group will help us get a handle on what a loving relationship looks like.
Leader: Jim Matthews

For Men Only-Ongoing (Rm 110)

This group is a 12 Step ("White Book") Study for men who are ready to go to work on sexual purity in their lives. Meetings, sponsorship, accountability and understanding will be promoted in the pursuit of sexual serenity.
Leader: Dale Walters

■ Wednesday Morning (starting 1/19) 9:45-11:30 am

Breaking Free-10 wks (Rm TBD)

This is a group for women sponsored by Women's Ministry that is a good option for Step One women. It is a Beth Moore DVD program that focuses on spiritual ways of dealing with "strongholds" that cripple us in life. Join with other women who are seeking to find their freedom in Christ. \$20 material cost
Leaders: Paula Rollins, Norma Richey

■ Ongoing Groups 2nd & 4th Tuesday evening of every month 7-9pm

Hope for Hurting Families & Friends (Rm 104)

This support group is for anyone with a loved one affected by mental-health issues.
Leader: Pat Ackerman (925) 846-4894

For Men Only-Ongoing (Rm 110)

See above description.

Call for Start Date and Times

PACE - Post Abortion Counseling & Education (13 wks)
*No fee. For information contact Sharon at slandes@mac.com or (510) 697-2505 (women) or Roy at rkniveton@hotmail.com (men)