



Phoenix* Programs Family/Friends Groups**

Phoenix Programs, Inc.

“I need a group?”



Positive change & healthy coping skills for the family.

Open to the community. Attendees must be at least 12 years of age.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family & Friends Recovery Group 6-8 PM Clients, family & friends		Not Alone 5:30-7PM CLOSED <i>Family & friends only</i>	Breaking Barriers 5:30-6:45 Clients, family & friends		Youth Empowerment 1-2PM ages 12-17 Family Empowerment 2:30-3:30 Clients, family & friends	Women's Recovery Group 1:30-3:30 CLOSED <i>Women only</i>

Family & Friends Recovery Group—Family & friends can improve their own lives, even if their loved one is not interested in recovery.

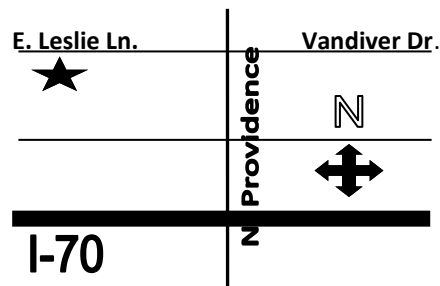
Not Alone—Connect with other families for support, insight.

Breaking Barriers—Identify /address obstacles to family recovery.

Youth & Family Empowerment Groups—Learn self-care with new, healthy choices and coping skills.

Women's Recovery Group—Shared experiences, friendship, recovery.

* *Our mission is to improve the health & quality of life of those impacted by drugs & alcohol.*



90 E. Leslie Lane, Columbia MO 65202

**Groups do not meet when Columbia Public Schools cancel due to bad weather or on Monday holidays.

Call 573-875-8880



A place of Hope, Help and Healing for
Individuals, for Families, for over 40 Years.

90 E. Leslie Ln., Columbia MO 65202 • 573.875.8880 • www.phoenixhealthprograms.com

