



Phoenix* Health Programs

Family/Friends Groups**

Open to the community & schedule subject to change

“I need a group?”

Positive change & healthy coping skills happen more quickly if family/friends also attend groups.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daily Mindfulness 12:30-12:45pm	Daily Mindfulness 12:30-12:45pm	Daily Mindfulness 12:30-12:45pm	Daily Mindfulness 12:30-12:45pm	Daily Mindfulness 12:30-12:45pm	Youth Empowerment 1-2PM, ages 12-17	Women's Recovery Group 1:30-3:30
Family & Friends Recovery Group 6-8 PM Ages 12+	ALL FREE!		Breaking Barriers 5:30-6:45		Family Empowerment 2:30-3:30	

Family & Friends Recovery Group—See ways family & friends can improve their own lives, even if their loved ones don't want to stop drinking/using.

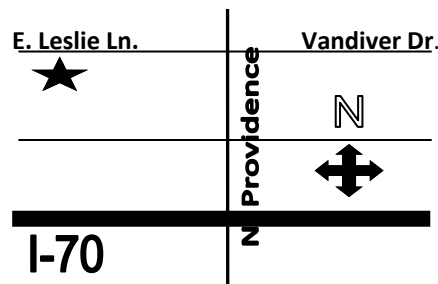
Daily Mindfulness Meditation—Experience mindfulness exercise to enhance awareness & mindfulness practice.

Breaking Barriers—Identify the obstacles families may encounter & create when encountering addiction & early recovery.

Youth & Family Empowerment Groups—Learn about drug & alcohol issues & learn self-care with new, healthy choices.

Women's Recovery Group—Women come to seek shared experiences, friendship & support in 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.**



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

