



# FAMILY RELATIONSHIP ISSUES

**Are you uneasy around people - especially authority figures? Do you try to please others often at your own expense? Is social approval important to you? Do you feel responsible for the choices of others and feel guilty if someone makes a poor life choice even if it had nothing to do with you?**

*Are you experiencing a problem with alcohol, live with someone who may be an alcoholic, and/or were raised under the shadow of alcoholism, harsh criticism or physical or emotional neglect? Do you have a compulsive personality or live with someone who has a compulsive personality such as a workaholic?*

## **Traits of someone affected by relationship issues:**

- Has a compulsive personality or lives with someone who does (eg. a workaholic).
- Judges themselves without mercy, suffers from perfectionism
- Overreacts to changes over which they have no control.
- Tells “white lies” to help improve or justify a situation. May help others to cover up a problem.
- Extremely loyal to others even when the loyalty is undeserved.
- Has difficulty finishing projects and deferring gratification.
- Fears rejection and failure yet can't stop criticizing others.
- Angers quickly and has built-up resentment and bitterness.
- Lives with family members who create tension and crisis, aggravate situations yet rarely face or deal with family conflict

## **Free yourself from the prison and effect of your childhood!**

Restructure your unhealthy thinking *one day at a time*. Learn to focus on the present and not fall into the trap of using family dysfunction and history as an excuse for continuing emotional hurt and self-destructive behaviors.

## **Celebrate Recovery will help you change by:**

- discovering and using your talents, learning to love yourself, rebuilding self-esteem and repairing past emotional damage
- finding freedom to express hurts, fears and unwarranted shame in order to move away from your past.
- learning about our Heavenly Father's **unconditional love for us** and the biblical teachings of emotional freedom found in the Eight Principles and 12 Steps.
- believing God offers to be your power in recovery when we accept His gift of salvation through Jesus Christ and choose to follow His plan for our lives.
- teaching you how to read the Bible and pray daily to develop your relationship with Jesus and others.
- receiving acceptance, strength, and hope from others who have experienced similar life circumstances.
- Inviting you to attend weekly Celebrate Recovery meetings and sharing groups for encouragement and support
- releasing family members from blame and resentment
- offering forgiveness to those who have hurt you, and making amends for harm you've done to others, except when to do so would harm yourself, them or others.
- learning to re-parent our children with gentleness, humor, love, and respect.
- progressing from hurting, to healing, to helping others.
- praying for and anticipating positive changes in all your relationships with God, yourself, and your family through relying on Jesus Christ as your higher power.

**Celebrate Recovery®** follows a step program based on biblical teaching. Each weekly large meeting starts with music, followed by a lesson or life story/testimony. After, participants may join small sharing groups with others facing similar life challenges. Large group meetings are co-ed. All small sharing groups are gender-based so men and women meet separately.

**Confidentiality and anonymity are vital elements in our program.** Individuals may come just to listen. Sharing is voluntary.

Please be advised that if anyone threatens to harm themselves or others, their Small Group Leader **must** report it to a Ministry Leader.

### **Celebrate Recovery Small Groups will:**

- allow you to share your story, strengths, hurts and hopes
- provide a group leader who has gone through the CR program for a similar hurt, habit or addiction.
- help you find an accountability partner and/or a sponsor to encourage you throughout the week.
- invite you to attend weekly meetings and read the Bible to discover Jesus Christ's principles for yourself.

### **Celebrate Recovery Small Groups will NOT:**

- offer professional advice as our leaders are not counselors.

At your request, we can offer a list of counseling referrals.

## **Celebrate Recovery – East Gwillimbury**

(@Victory Baptist Church)

**Meeting: Wednesdays 7- 9:30 p.m.**

Location: 18408 Yonge Street, East Gwillimbury  
(1 block north of Green Lane, west side of Yonge Street)

**Parking and entrance at back of building.**

Telephone: 905-853-3418

Email: [celebraterecovery@victorybaptist.ca](mailto:celebraterecovery@victorybaptist.ca)

Facebook: [www.facebook.com/CREastGwillimbury](http://www.facebook.com/CREastGwillimbury)

Website: [www.celebraterecovery.ca](http://www.celebraterecovery.ca)  
[www.celebraterecovery.com](http://www.celebraterecovery.com)

**No fees to attend. Start any week.  
Come when you can. Bring a friend!**



**Celebrate Recovery**  
A CHRIST-CENTERED Recovery Program