



OVERCOMING ALCOHOL, TOBACCO & CHEMICAL DEPENDENCY

When you are honest with yourself, do you find you cannot quit drinking, smoking or using drugs on your own? Do you lose control over the amount you consume? Do you continue this dependency even when you are alone?

Common characteristics of someone struggling with alcohol, smoking and/or chemical dependency:

- I started using alcohol, smoking and/or drugs to “fit in” with friends, “numb” emotional pain, minimize physical pain, deal with stress and/or escape a seemingly hostile world.
- People who care for me express concern about the amount of alcohol, tobacco and/or drugs I use.
- At times, I am defensive about my “use” especially when referring to legal prescriptions.
- I am trapped by thinking “just one more time” or “this time it will be different” and “I can quit when I want to”.
- Often I try to hide my dependency except when I am with others who are also dependent on alcohol, tobacco or drugs.
- I have tried to quit on my own, but I have not been successful. I am afraid I am addicted, but I am ashamed/afraid to ask to help.
- My life choices are negatively affecting myself and others. I have difficulty navigating life’s circumstances on my own. I really just want a way to make life’s pain go away.

At Celebrate Recovery we *learn how to:*

- live without drinking or using drugs ***one day at a time*** by believing Jesus Christ offers His power to control our dependency when we follow His plan for our life.
- stop relying on dysfunctional and compulsive behaviors as a temporary “fix” for pain.
- experience the peace and hope God gives when we accept His plan for salvation through Jesus Christ. .
- restore and develop healthy and stronger relationships with God and with others.
- apply the biblical teachings of confession, surrender and restoration found in the Eight Principles and 12 Steps to our life.
- form a personal support team with a sponsor and accountability partners who will love and support us as we make new life choices.
- commit to a daily quiet time of reading the Bible and praying.
- attend weekly meetings and sharing groups as often as possible to receive encouragement.

If you are willing to be diligent, consistent, and honest, God will supply you with the courage, strength, and ability to take the necessary steps to gain freedom from these unhealthy behaviors.

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

Facebook: www.facebook.com/CREastGwillimbury

Website: www.celebraterecovery.ca
www.celebraterecovery.com

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



Celebrate Recovery
A CHRIST-CENTERED Recovery Program