



Recovery is a two-fold process. The first is healing from the trauma done to us in our past. The second is healing from the influence these past experiences continue to have in our lives.

Survivors of abuse may...

- be hesitant to identify themselves as victims of abuse.
- feel isolated, depressed, worthless, and helpless to change.
- be struggling with negative feelings about God in relation to their life experiences of abuse.
- condemn themselves.
- deny past abuse affects their present circumstances.
- feel out of control and defeated in areas of compulsive behavior.
- feel angry, bitter, and rebellious towards authority figures.
- have thoughts of what it means to have a “normal” relationship with others: mates, friends, family.
- question their sexual identity and experience confusion regarding their own sexuality.
- desire to feel safe in intimate relationships.
- struggle with perfectionism or “all or nothing thinking.”
- desire to have victory over the life experience of abuse.

OVERCOMING PHYSICAL / SEXUAL & EMOTIONAL ABUSE

Survivors of abuse can experience recovery when...

- we recognize that we are powerless to heal our damaged emotions resulting from our abuse.
- we accept that God’s plan for our lives includes victory over the experience of abuse.
- we understand that the people who abused us are responsible for the acts committed against us.
- we will not carry the guilt and shame resulting from those abusive acts.
- we look to God and His Word to find our identity as worthwhile, loved human beings and rely on God for the power to make us whole.
- we honestly share our feelings with God and at least one other person to help us identify areas that need healing.
- we are willing to accept God’s help in the decision and the process of forgiving ourselves and those who have abused us.
- we are willing to mature in our relationships with God and others.
- we are willing to be used by God as an instrument of healing and restoration in the lives of others.

**Content is partially based on the book
Helping the Victims of Sexual Abuse
by Lynn Heitritter and Jeanette Vought.*

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: celebratercovery@victorybaptist.ca

Facebook: www.facebook.com/CREastGwillimbury

Website: www.celebratercovery.ca
www.celebratercovery.com

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