



RECOVERY MANAGEMENT GROUP

Empower Your Journey — Build a Life in Recovery

Join our supportive 16-week group designed for adults (18+) who are ready to strengthen their recovery and build lasting skills for a healthy, balanced life.

THURSDAYS
8AM-9AM



1 SESSION PER WEEK/16 WEEKS TOTAL

NOBLE
COMMUNITY CLINICS



2501 MAIN STREET, STEVENS POINT, WI

CONTACT US AT
1.800.942.5330



WHAT YOU WILL LEARN

- Practical recovery management skills
- How to develop a personal recovery plan
- Understanding and addressing emotional relapse
- Redefining fun now that you're in recovery
- Creating your "sobriety first aid kit"
- Exploring expectations and setbacks in recovery

Mollie Kallas, CSAC, ICS
Substance Use Disorder Counselor/
AODA Clinical Supervisor



Recovery is **NOT** a destination — it's a journey
you don't have to walk alone.

JOIN US AND TAKE THE NEXT STEP TOWARD
YOUR STRONGEST, HEALTHIEST LIFE.

NobleClinics.org

