



# 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.

TUESDAYS THURSDAYS (ADAMS)  
4-5PM 3:30-5PM



1 SESSION PER WEEK/16 WEEKS TOTAL

**NOBLE**  
COMMUNITY CLINICS



400 S. TOWNLINE RD., WAUTOMA, 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

**Veronica Eckstein, CSAC**  
Substance Use Disorder Counselor



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

