



## Holland Recovery Group

Addiction is not a moral failing or a lapse in self-control. It is a disease located in the brain that takes a heavy toll on a person, destroying their psychological, physical, relational and financial health.

In addition to individual outpatient addiction treatment, the Pine Rest Holland Clinic also provides group therapy for men and women age 18 and older. Research shows group therapy to be the most effective form of treatment for persons with addiction, since they can learn from each other's real world experiences and benefit from the support.

Attendees can expect to learn:

- Early core recovery skills
- Relapse prevention skills
- Building support networks
- Managing difficult emotions and behaviors
- Introduction to the 12 Steps

Individuals struggling with any level of addiction are welcome to join the Holland Recovery Group at any time. Many patients are active in both our individual and group therapy.

### When

For exact dates and times visit [pinerest.org/Holland-recovery](https://pinerest.org/Holland-recovery)

### Location

Pine Rest Holland Clinic  
926 Washington Ave, Suite 210  
Holland, MI 49423

### Cost

\$56 per session  
Most insurance accepted  
Ask if you qualify for financial assistance

### Registration

Call the clinic at **616.820.3780**



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