



Recovery Groups at the North Shore Clinic

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 North Shore 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. Our Recovery Groups are primarily designed to treat addiction issues, however, individuals also diagnosed with a mental health disorder, such as anxiety and depression, are also warmly welcomed.

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 may join the group at any time. New patients are accepted upon request. The length of time an individual participates in the group is determined with the patient's input and clinical needs. Many patients are active in both individual and group therapy.

When

For exact dates and times visit pinerest.org/north-shore-recovery

Location

Pine Rest North Shore Clinic
17325 Van Wagoner Road
Spring Lake, MI 49456
616.847.5145

Payment

Most insurance accepted
Ask if you qualify for financial assistance

Registration

Call 866.852.4001 or talk to your
Pine Rest therapist, psychiatrist
or case manager.



pinerest.org/north-shore-recovery