



Recovery Alumni Support Group

Figuring out how to cope with a sober life isn't easy. Support groups are not only helpful, but they also provide a safe place to bounce ideas and discuss the challenges of a new way of living. Keeping ourselves motivated and staying positive is much easier when we can turn to others with shared or similar experiences to help us.

The goal of our Recovery Alumni Support Group meetings is to build stronger connections between individuals in recovery who have participated, or who are currently participating, in services at Pine Rest. Meetings will be facilitated by a recovery coach. They are held weekly and offer support, encouragement, confidentiality and education.

There's no requirement to attend a certain number of meetings or other obligations. These meetings are free and can be used in addition to therapy groups or individual sessions to increase support and connection.

When

For exact dates and times please visit pinerest.org/alumni

Where

Pine Rest Retreat Clinic
Entrance B1
300 68th Street SE
Grand Rapids, MI 49548

Cost

Free

Registration

Please call ahead at 616.258.7467



pinerest.org/alumni