

Continuing Recovery

You are not alone.

Virtual Continuing Recovery Group

Offered by the Brattleboro Retreat's Anna Marsh Clinic

Are you:

- Experiencing urges and cravings?
- Concerned about reconnecting with others?
- Feeling less in control of your life?
- Wanting to take back control?
- Needing additional support to remain sober?

Join Us for a weekly Zoom group to meet others and to learn to cope with mental health and everyday struggles.

Thursdays
2:00 pm to 3:00 pm
via Zoom

Email for more information:

nrusso@brattlebororetreat.org



**Brattleboro
Retreat**

Make progress

Discover
yourself

Learn
coping
skills

Embrace
sobriety

Improve confidence