

Breakthrough Recovery

Addiction Healing through Mindfulness & Self-Care

Drop-In Support & Skills Group - Mondays 6-7:30pm

(starts June 12, 2017)



© 2015 Murphy McCracken, MA, LPCC

This drop-in support group of up to 8 members is open to anyone in recovery from eating disorders, alcohol or drug abuse, or other types of addiction. Each group includes the following format:

- meet people like you who are overcoming addiction
- share successes for the week with group members
- experience guided meditation/relaxation techniques
- explore new mindfulness & self-care strategies
- learn Eating Disorder Intuitive Therapy (EDIT)[™] skills
- discover & satisfy the “real cravings” of your soul
- apply the group experience to your everyday life
- set affirmative intentions for the week ahead

The group is developed and supervised by “Dr. Dorie” McCubbrey, an Eating Disorder & Addiction Specialist and Owner of Positive Pathways. Group facilitated by EDIT[™] Certified Counselors and EDIT[™] Counselor Interns.

~ FIRST GROUP FREE ~
suggested donation of \$10 for follow-up groups

**165 Cook Street
Suite 10
Denver, CO 80206**

FREE PARKING
in open lot behind building
- spaces next to building are permit only -



720-606-3242
www.positivepathways.com