



New Life Institute

Men's Recovery Group

This therapy group is for men who struggle with substance addictions such as drug, alcohol and food as well as compulsive behaviors such as gambling, work, gaming and sex addictions. This group incorporates modern psychology with The Christian Inner Tradition of personal transformation. This group is suited for men in all stages of recovery.

Topics Covered

- ❖ **Meditation, Mindfulness and Prayer**
- ❖ **Neurobiology of Addiction**
- ❖ **Theology and Addiction**
- ❖ **Personality Typing Using the Enneagram**
- ❖ **The Addiction Cycle**
- ❖ **Self-Observation**
- ❖ **Hurts, Resentments and Forgiveness**
- ❖ **Relapse Prevention**

When: Mondays from 6:00 pm to 7:30 pm

New Group is now forming

Where: 607 Rathervue Place, Austin, TX, 78705

Fee: \$40 per session plus \$15 for materials

Call ...512/469-9447, weekdays between 9:00 and 1:00... to register.

Facilitated by: Andrew M. Miller, LCSW