

### Group Mission Statement

To provide a safe, healing and supportive environment for women who have the intent to stay abstinent, willingness to be honest and openness to make life changes necessary for successful recovery.

### This group will address the following topics:

- Personal stories and recovery goals
- Physical, mental and spiritual symptoms and damage caused by alcoholism
- Early sobriety challenges
- Identifying and coping with triggers and cravings to use
- Interpersonal and family issues
- Spirituality
- Practicing self-care and healthy sober lifestyle
- Effects of personal changes and growth on loved ones
- Forming healthy relationship boundaries
- Relaxation, meditation and mindfulness
- Relapse prevention
- Alternative coping skills for maintaining long-term recovery

**Sarah Allen Benton, MS, LMHC**

in collaboration with:

*Confidential*  
**CARE** LLC

Presents

## Women's Early Recovery Group



*A weekly support group for women  
with substance use disorders*

**Tuesdays at 1:00pm**

(with rolling admission)

**For more information email:  
sarah@highfunctioningalcoholic.com**

**Location: Confidential CARE, LLC**

**80 Washington Square Suite D-25**

**Norwell, MA 02061**

**781-878-9809**

**www.confidentialcare.net**

### Fee

Each one-hour group session is \$40.00. If 12 sessions are paid initially up front, then the last session is free (credit cards accepted).

An initial 1.5 hour assessment is required for individuals who are not currently clients of Confidential Care, LLC in order to determine if they are an appropriate fit for this group and to offer treatment suggestions. This assessment is a one time fee of \$150.00.



### About the Group Facilitator

**Sarah Allen Benton** is a Licensed Mental Health Counselor at McLean Hospital in "The McLean Residence at The Brook," a start-up transitional living program for substance abuse and dual diagnosis treatment in Waltham. She is author of the book, *Understanding the High-Functioning Alcoholic: Professional Views and Personal Insights* and has been featured in the NY Times, has appeared on The Oprah Winfrey Show, CBS Early Show, NPR and writes a "High-Functioning Alcoholic" blog for PsychologyToday.com

**www.highfunctioningalcoholic.com**