



JOURNEY

A Recovery Group for Men

18+ | Telehealth | Tuesdays | 10am-11:30am | Medicaid only

Topics covered:

- What it means to be a man in Recovery
- Men, substance use, and control
- Taking responsibility without shame
- Men and loneliness
- Being a father, son, or partner in Recovery
- Rebuilding respect and trust as a man

Journey is a recovery group for men navigating personal growth, healing, and spiritual awareness.

This group provides a space to explore identity, relationships, and purpose through open discussion and guided topics.

Come share your experiences and find community on the path to recovery.



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