

# CELEBRATE RECOVERY

A CHRIST-CENTERED Recovery Program

**Celebrate Recovery is a Christ-centered recovery program with foundations firmly established in Biblical truth. It exists so you can find freedom from any hurt, habit or hang-up and live fully alive in Jesus.**

**Celebrate Recovery at Rock Brook Church meets every Wednesday in the East Auditorium.**

The doors open at 6:00pm

Free childcare is provided through a program called Celebration Place up to age 12

- 6:30-7:30      Large group meeting  
                    (testimony or lesson in the 12 Steps)
- 7:30-8:30      Small group Open Share  
                    (gender specific)



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## **RECOVERY FOCUS - The Issue of Mental Health**

Many adults will experience some form of mental health issue in their life. This can mean different things to different people.

“Mental Health Issue/Mental Illness is an ongoing condition that affects mood, behaviors, and thinking patterns which may cause suffering and/or may interfere with a person’s ability to function with typical daily activities on a frequent basis.” This can lead to feelings of devastation, anger, or loneliness, for example. Often the result is a feeling of isolation, loss of control, and hopelessness. Frequently, to ease these overwhelming emotions, people will use unhealthy coping skills. This can be through unhealthy relationships, at-risk behaviors, substance abuse, etc.

Celebrate Recovery can help us experience the freedom that comes when we allow God to stand in the gap for us. God gives us the ability to come out of the darkness that weighs so heavily on us. We can feel what it is like to walk through life with hope for a better tomorrow. Celebrate Recovery cannot promise physical healing from your mental health issues, no more than it can promise healing for cancer. What we can offer you is this:

Celebrate Recovery is...

- a safe and loving place for those seeking to find support in the midst of a mental health issue and dual diagnosis.
- willing to support mental health through Christ-centered accountability and sponsorship.
- a safe place to work through all of life’s hurts, hang-ups, and habits believing that freedom in Christ is something that can be complete even without physical healing.

Celebrate Recovery is not a replacement for professional counseling, therapy, and medical treatment. We are here to support those efforts and encourage you as you use them