



**Alcoholics Anonymous (AA) (Monday, 12-1 p.m.)** **Recovery**  
A.A.'s primary purpose is to help alcoholics achieve sobriety. Members use the Twelve Steps as spiritual principles to maintain sobriety. Groups use the Twelve Traditions to stay unified. When practiced as a way of life, participants can expel the obsession to drink and enable the sufferer to recover from alcoholism.

**Relapse Prevention (Monday, 4-5 p.m.)** **Recovery**  
Facilitators delve into the three stages that relapse occurs: Emotional, Mental, and Physical Relapse. Though relapse can be common, being aware of these stages and creating an effective prevention plan can help avoid relapse before it occurs. Coping skills, problematic situations, and avoidance tactics are also discussed with the mindset that relapse begins in a person's cognitive thinking long before it occurs physically.

**History Makers (Tuesday, 11 a.m. - 1 p.m.)** **Reentry and Mentoring**  
A mentoring group that encourages participants to think differently and to realize they are not on earth for the sole purpose of taking up space. Through class discussion and the creation of personal vision boards, participants learn to live out their dreams and imagination. Made in the image of the Creator, people become whatever they consistently gaze upon. Participants focus on renewing the mind and understanding how to change the world. *Lunch is provided to participants after class.*

**ärt THerəpē (Tuesday, 1:30-2:30 p.m.)** **Reentry and Recovery**  
The goal of ärt THerəpē is to utilize the creative process to help people explore self-expression and, in doing so, find new ways to gain personal insight and develop new coping skills. As participants create art, they may analyze what they have made and how it makes them feel. Through exploring their art, people can look for themes and conflicts that may be affecting their thoughts, emotions, and behaviors.

**Healthy Connections (Wednesday, 11-12:30 p.m.)** **Wellness**  
This course is designed to give you the tools to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The facilitator will guide the group through appropriate types of relationships, proper boundaries, how to avoid being catfished, and how to advocate for yourself in the workplace. The core of this class will focus on workplace relationships.

**Health and Wellness (Wednesday, 1-2:30 p.m.)** **Wellness**  
This Healthy Lifestyle class focuses on the importance of maintaining a balanced diet, regular physical activity, and positive mental health for overall wellness. We will discuss nutrition, meal planning, exercise, physical activity, and general tools for healthy habits that will improve your quality of life.

**C.L.E.A.R. (Thursday, 11 a.m. - 1 p.m.)** **Reentry and Mentoring**  
*Coalition for Leadership Education Accountability Rehabilitation.* C.L.E.A.R. exists to break the cycle of recidivism by building community and law enforcement relationships to lead, educate, and mentor returned citizens, thereby creating safer communities, and improving lives. *Lunch is provided to participants after class.*

**R.E.N.E.W. (Thursday, 1-2:30 p.m.)** **Employment Track**  
This 4-week course highlights time management, financial budgeting, and the joys of spending while still saving income. Participants will discover how to manage time and money with opportunities that include securing full-time employment, opening personal bank accounts, and tackling debt to secure stable housing.

**SMART Recovery (Thursday, 5 - 6 p.m.)** Recovery  
*Self-Management and Recovery Training.* The SMART approach uses cognitive behavioral therapy (CBT) and non-confrontational motivational methods. Participants help one another resolve problems with any addiction (to drugs, to alcohol, or to activities such as gambling or over-eating). Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by a science-based and sensible 4-Point Program.

**Serving Together (Friday, 8:45 a.m.-12 noon)** Employment Track  
 Participants come together to do a variety of jobs, projects, and cleaning to simulate a working environment.

**Narcotics Anonymous NA (Friday, 12 noon-1p.m.)** Recovery  
 NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

**Managing Emotions (Friday, 1:30 -2:30 p.m.)** Wellness  
 Over the course of 4 weeks, instructors will provide tools to help you identify, feel, and cope with your emotions, with a focus on anger. Learning and understanding the cycle of anger will help you recognize and manage triggers while understanding and accessing your initial emotional response. We will also discuss self-awareness, relationships, and emotional boundaries.

**ROC (Friday, 6-8 p.m.)** Location: 1215 E Apple Ave Recovery  
 A Christ centered recovery group focused on encouraging those coming out of addiction to maintain healthy lifestyles. The evening includes a time of music, a brief message and testimony, and a small group. Dinner is provided to participants promptly at 6PM and childcare is provided for those with small children.

Monday	Tuesday	Wednesday	Thursday	Friday
AA 12-1 p.m.	History Makers 11-1 p.m.	Healthy Connections 11-12:30 p.m.	CLEAR 11-1 p.m.	Serving Together 8:45-12 noon
Relapse Prevention 4-5 p.m.	ärt THERopē 1:30-2:30 p.m.	Health & Wellness 1-2:30 p.m.	RENEW 1-2:30 p.m.	NA 12-1 p.m.
			SMART Recovery 5-6 p.m.	Managing Emotions 1:30-2:30 p.m.
				ROC 6-8 p.m.

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