

Addiction Recovery Group

Mondays • 6:00-7:15 PM

MEETS VIRTUALLY SOME WEEKS AND IN PERSON WITH VIRTUAL OPTION OTHER WEEKS

Any person who has the desire to stop using alcohol or other drugs can stop using, stay stopped, and enjoy a happy life. As addiction progresses, our lives revolve around protecting our right to keep using even though we know it's ruining our lives; however, there will be moments of sound thinking where we realize the need to stop using and get some help. Those moments can be fleeting and they need to be acted upon when they happen. Those of us with addiction have conflicting parts of ourselves that can make it challenging to maintain the desire to stop using and stay stopped. Having a connection with others who want to recover from alcohol or other drug addiction makes a huge difference in staying on the right path. Recovery is a journey and you don't have to do it alone.

The Addiction Recovery Group provides a safe place to connect with others in recovery. The group is facilitated by a licensed psychotherapist with decades of experience leading addiction recovery groups. We stay in the here and now, and we learn from the past and from the present. If you are interested in finding out about becoming a part of this group, contact information is listed below. We ask only that you not be in need of detox, that you are abstinent from alcohol and other addictive drugs, and that you want to live comfortably without using. We also ask that you be willing to try some things recovering people do outside of group at your own pace and comfort level.

Contact the group facilitator, Chip Abernathy, LPC, at 770-862-7585 with a call or text. If you prefer email, the address is ca.lpc.62@gmail.com. Fees and other information is available at www.abernathytherapy.com.



Chip Abernathy, LPC has been treating addiction and co-occurring disorders for over 30 years. He has trained extensively with Terry Gorski in relapse prevention therapy and became one of the first Gorski-CENAPS Certified Relapse Prevention Specialists in the country. Prior to now working exclusively in private practice, he worked in treatment programs with adolescents, young adults, adults, and for many years in programs for professionals in the fields of healthcare, aviation, business and law. He is happily married, has two adult children, plays guitar, and studies Asian martial arts. He believes in and practices an individualized approach in addiction treatment that is based in abstinence, improving relationships, and finding joy in living.