

Typical CR Meeting Format

6:30 pm—Large Group Meeting

There is music, sharing of success stories, & teaching on important recovery issues. Men & women are both part of this large group.

7:30 pm—Open Share Groups

These are gender specific groups where people are free to share their journeys of recovery. These groups have sharing guidelines which promote personal safety, respect & confidentiality. These are self help groups. There is no counseling done in these groups, nor are there lectures or book referrals. Individuals simply share their own experience.



8:30 pm—Solid Rock Café

This is a time for socialization & refreshment. Café time is wonderful for the deepening of new friendships & the enjoyment of a snack together.

Participation in CR is free & there are no regular dues. We are however self-supporting, so periodic donations are helpful, not mandatory.

CR Meeting Location:



Cobourg Community Church

59 Ballantine Street

Cobourg, ON, K9A 5G8

Phone: (905) 372-3832 **Fax:** (905) 372-1229

CR Meeting Time:

Tuesdays from 6:30 pm to 9 pm



Note that our facility is wheelchair accessible

Contact Information:

Cobourg Community Church

(905) 372-3832

Cobourg Community & Family Services:

(905) 373-9440

Port Hope Community & Family Services:

(905) 885-2323

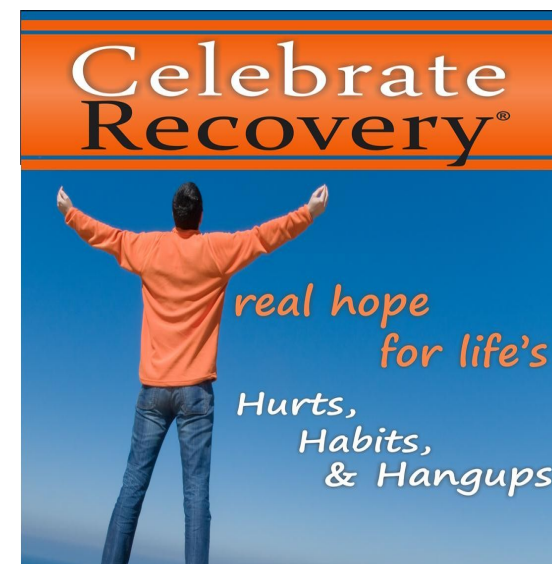
E-mail: cobourgsalvationarmy@bellnet.ca

Web Sites: www.tsacobourg.com

www.sallyann.ca

www.celebraterecovery.ca

Twitter: @TSACobourg



Celebrate Recovery is a Christ centered 12 step program for those who are ready to embark on a journey of real and lasting change.

Newcomers are always welcome!

Read on to discover....

- If CR is right for you
- What the program includes
- What a typical meeting looks like
- Meeting time, location, & contact information

Is CR right for you?

If you can check one or more of the following boxes, then CR is a program that can help.

Do you ever do the following too much?

- | | |
|--|---|
| <input type="checkbox"/> Work | <input type="checkbox"/> Lose control |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Worry |
| <input type="checkbox"/> Owe money | <input type="checkbox"/> Drink |
| <input type="checkbox"/> Spend | <input type="checkbox"/> Smoke |
| <input type="checkbox"/> Lust | <input type="checkbox"/> Obsess |
| <input type="checkbox"/> Sleep | <input type="checkbox"/> Diet |
| <input type="checkbox"/> Fantasize | <input type="checkbox"/> Seek excitement |
| <input type="checkbox"/> Grieve | <input type="checkbox"/> Depend upon others |
| <input type="checkbox"/> Gamble | <input type="checkbox"/> Yell or scream |
| <input type="checkbox"/> Eat | <input type="checkbox"/> Play video games |
| <input type="checkbox"/> Use illicit drugs | |

Do you find yourself **often** feeling in the following ways:

- | | |
|--------------------------------------|----------------------------------|
| <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Afraid |
| <input type="checkbox"/> Worthless | <input type="checkbox"/> Rushed |
| <input type="checkbox"/> Hopeless | <input type="checkbox"/> Angry |
| <input type="checkbox"/> Envious | <input type="checkbox"/> Bitter |
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Envious |
| <input type="checkbox"/> Used | <input type="checkbox"/> Jealous |
| <input type="checkbox"/> Greedy | <input type="checkbox"/> Sad |
| <input type="checkbox"/> Guilty | <input type="checkbox"/> Lonely |

The only requirement for participation in CR is a desire for lasting positive life change. Overcoming hurts, habits, & hang-ups can be hard work, but it is worth it!

Real Life Change is Possible for:

Hurts: psychological, relational, physical, emotional, & sexual abuse

Hang-Ups: co-dependency, anger, self-harm

Habits: food, smoking, alcohol, drug, & sexual addictions

Feedback from CR participants:

“CR is a safe place to discuss real life issues without fear of being judged or condemned.”

“Because of CR I know that I am not alone.”

“People don’t stop liking me even though they know all my issues!”

“Things are confidential at CR & I know that whatever is said there stays there.”

“CR has changed my life.”

“I wouldn’t be here today if it wasn’t for CR.”



The Serenity Prayer

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Living one day at a time, enjoying one moment at a time; accepting hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is; not as I would have it; trusting that You will make all things right if I surrender to your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next.

Amen

Reinhold Niebuhr
