

Examples of Recovery Lessons

This is a list of lessons developed along with their related Element of Recovery.	X
Hope (On Mondays)	
Finding Hope	
Journey Toward Coping	
From Hopelessness to Hope	
Journey Toward Resilience	
Exploring Recovery Education	
Accepting with Hope	
Breaking Down Barriers Slideshow	
Choosing Hope: Discussion	
Security (On Tuesdays)	
Exploring Community Resources	
Managing Crisis	
Meeting Your Human Needs	
Toward Security and Safety	
Exploring Control Issues	
Practicing Difficult Situations	
Safety at Home	
Building Your Self-Esteem Slideshow	
Feeling Secure	
Choosing to Solve Problems: Discussion	
Support/Managing Symptoms (On Wednesdays)	
Managing Symptoms	
A Medication Journey	
Exploring Side Effects	
Finding Support	
Exploring Addictions/Alcohol	
Exploring Behaviors	
Following Your Treatment Plan: Slideshow	
Exploring Nutrition	
Medication Compliance: Slideshow	
Empowerment (On Thursdays)	

Examples of Recovery Lessons

Creating Change	
Empowerment	
Toward Problem Solving	
Self-Awareness	
Finding Your Learning Zone	
Managing Guilt	
Understanding Your Personality	
Managing Anger: Slideshow	
Finding Your Strengths	
Choosing Change: Discussion	
Relationships (On Fridays)	
Managing Anger & Conflict	
Improving Self-Esteem	
Making Progress in Recovery	
Families and Relationships	
Exploring Communication	
Exploring Emotions	
Improving Your Relationships	
Helping Yourself Heal	
Choosing Relationships: Discussion	
Improving Family Communication: Slideshow	
Practicing Assertiveness	
Coping (On Saturdays)	
Stopping Negative Thinking	
Changing Distorted Thinking	
Exploring Stress and Anxiety	
Coping and Relaxation	
Coping with Depression	
Choosing to Cope: Discussion	
Finding Your Way to Coping	
Managing Distressing Thoughts	
Improving Your Mood: Slideshow	
Ways of Coping	
Ways of Coping Videos	

Examples of Recovery Lessons

12 Ways to Cope with the Holidays	
Exploring Mindfulness	
Finding Meaning (On Sundays)	
Toward Healthy Recovery	
Journaling and Reflection	
Coping With Grief and Loss	
Exploring Healing	
Spirituality	
Cultural Awareness	
Exploring Culture Care Meanings	
Making Healthy Transitions	
Developing Life Skills	
Other Recovery Activities:	