

# Celebrate Recovery<sup>®</sup>

## **Things We ARE:**

- A safe place to share
- A refuge
- A place of belonging
- A place to care for others and be cared for
- A place where respect is given to each member
- A place where confidentiality is highly regarded
- A place to learn
- A place to grow and become strong again
- A place where you can take off your mask
- A place for healthy challenges and healthy risks
- A possible turning point in your life

## **Things We Are NOT:**

- A place for selfish control
- A place for therapy
- A place for secrets
- A place to look for dating relationships
- A place to rescue or be rescued by others
- A place for perfection
- A place to judge others
- A quick fix