

## **MEN'S GROUP STARTING SEXUAL AND RELATIONSHIP RECOVERY, Part I**

Facilitated by Michele Day, LCSW, CSAT this group will explore what sex addiction is, how to get sober and stay sober from your compulsive sexual behaviors.

By participating in this group, you will learn to:

- Break free from denial
- Make sense of your own sexual history
- Understand compulsive sexual acting out and how sex addiction is a brain disease
- Understand your acting out behaviors (chaos)
- About your family of origin history
- Face unmanageability
- Access resources and support
- Take the mystery out of arousal and your behavior
- Learn fundamentals of recovery
- Avoid relapse

Beginning Tuesday, September 6, 2022, this psycho-educational, task-oriented group will meet every Tuesday from 6:30 pm to 8:00 pm for 12 weeks via Zoom. The goal of group is to become sober from your sexual acting out behaviors and learn how to live a healthy life, free from addiction and shame.

All members must: commit to attending a minimum of 10 of the 12 sessions, be on-time to group, be willing to be on-camera during group, complete homework assignments, share and participate in discussion.

Each group member must purchase Facing The Shadow by Patrick Carnes, Ph.D.

This is a small group with no more than eight male members.

Cost is \$720.00 for the 12-week session.

Please contact Michele via telephone or email ([Michele@CCSWLtd.com](mailto:Michele@CCSWLtd.com)) to schedule an intake.

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