

# Genesis Skills For Recovery Red Dog Blue Dog Class: Your Gateway to Addiction Freedom



## Facilitator's Guide: Genesis Skills for Recovery Red Dog / Blue Dog Class

★★★★★ 5 out of 5

Language : English  
File size : 3168 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 62 pages  
Lending : Enabled





Are you ready to break free from the chains of addiction and embark on a journey of lasting recovery?

The Genesis Skills for Recovery Red Dog Blue Dog Class is a groundbreaking program that provides you with the tools, guidance, and support you need to conquer addiction and reclaim your life.

## **What is the Genesis Skills for Recovery Red Dog Blue Dog Class?**

The Genesis Skills for Recovery Red Dog Blue Dog Class is a comprehensive 12-week program based on the principles of Cognitive Behavioral Therapy (CBT) and the 12-Steps of Alcoholics Anonymous (AA). It is designed to help you:

- Understand the nature of addiction and its impact on your life
- Identify and change the negative thoughts and behaviors that contribute to addiction
- Develop coping mechanisms for dealing with cravings and triggers
- Build a strong support network of peers and mentors
- Create a relapse prevention plan

## **How Does the Genesis Skills for Recovery Red Dog Blue Dog Class Work?**

The Genesis Skills for Recovery Red Dog Blue Dog Class meets weekly for two hours. Each session includes a combination of:

- Didactic teaching on addiction and recovery
- Skill-building exercises
- Group discussion and sharing
- Homework assignments

The class is led by experienced addiction counselors who will provide you with the guidance and support you need to succeed.

## **What are the Benefits of the Genesis Skills for Recovery Red Dog Blue Dog Class?**

The Genesis Skills for Recovery Red Dog Blue Dog Class has been shown to be effective in helping people overcome addiction and achieve lasting recovery. Participants in the program have reported:

- Reduced cravings and triggers
- Improved mental health and well-being
- Enhanced coping skills
- Increased self-esteem and confidence
- Improved relationships with family and friends

## **Who Should Attend the Genesis Skills for Recovery Red Dog Blue Dog Class?**

The Genesis Skills for Recovery Red Dog Blue Dog Class is open to anyone who is struggling with addiction and wants to achieve recovery.

The class is particularly beneficial for people who:

- Have tried other recovery programs without success
- Are ready to make a commitment to change
- Are looking for a supportive and structured environment

## **How Do I Enroll in the Genesis Skills for Recovery Red Dog Blue Dog Class?**

To enroll in the Genesis Skills for Recovery Red Dog Blue Dog Class, please contact us at [email protected] or call [phone number].

We will schedule you for an intake assessment to determine if the program is right for you.

## Take the First Step Towards Recovery

If you are ready to break free from addiction and reclaim your life, the Genesis Skills for Recovery Red Dog Blue Dog Class is the answer you have been searching for.

Contact us today to get started on your journey to recovery.



### Facilitator's Guide: Genesis Skills for Recovery Red Dog / Blue Dog Class

★★★★★ 5 out of 5

Language : English  
File size : 3168 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 62 pages  
Lending : Enabled





## Heal Your Multiple Sclerosis: Simple And Delicious Recipes For Nutritional Healing

Are you looking for a simple and delicious way to heal your multiple sclerosis? Look no further! This cookbook is packed with over 100 easy-to-follow...



## Myles Garrett: The Unstoppable Force

From Humble Beginnings Myles Garrett's journey to NFL stardom began in the small town of Arlington, Texas. Born in 1995, he grew up in a family where sports were a way...