



"My experience with group therapy has been very helpful. Although I was hesitant to be vulnerable to a group of people I have found that the group is supportive and we work together to bring out the best in each other."

"Group for me has been a place to learn new healthy ways of living life. It is a safe place to practice what I have learned, knowing that I am not expected to do everything right the first time. This group is full of people from all walks of life striving for the same goal; recovery. I have found a safe group of people who hold me accountable and encourage me to make the next right choice. I went in needing to know I was not alone in my struggles, and find the hope of knowing there is another way. I find support not only as we meet weekly, but what has surprised me most is that I have made some really great friends through this journey. What I have learned from these people has shown me that I can do this, and that the journey is a lot more bearable when others are doing it with me."



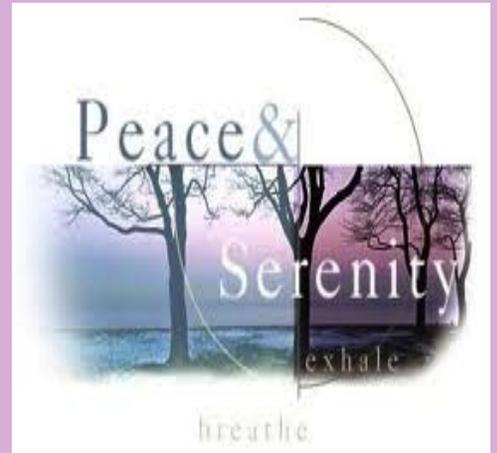
"Being in a group with others can be the key to recharging my hope. Group has helped me in my healing. It has given me the opportunity to come out of hiding and share my secrets. It has made me see that there are other people out there with some of the same struggles and that I am not alone."



"The thought of group therapy is terrifying, sharing your secrets with people you've never met or being in a room with strangers is enough of a turn off. With a lot of pushing I finally gave in. It has been one of the best decisions I have ever made. Knowing there are people out there struggling with the same thing you are is so refreshing. Quickly the group becomes your go to lifeline. That room becomes your safe place. The others care about you. People who you only see once a week become an imprint on your life and heart. You meet people, friends, who change the way you look at your own past or life."

Shawn Gauthier
LMSW, ACSW, CAADC
is offering a Recovery Group to provide a safe place to move toward and maintain a healthy lifestyle.

Thursday evenings 5:15-7 pm
(Please feel free to bring a drink / snack)
at Counseling in the Pines
4829 East Beltline NE, Bldg 1, Suite 100
Grand Rapids, MI 49525



The group will be for 10 consecutive weeks. This will be a closed group with new members joining only the first and second weeks. Fees will be \$45 per session. I will bill your insurance for your involvement. I ask that you make a commitment to attend all sessions. If you miss a week, you will be charged and your insurance will not cover this fee.



"It's a very safe and controlled environment where people can come together and help one another through offering advice, sharing past experiences, role playing, and by practicing situations we are uncomfortable with in our everyday lives. Personally, it's helped me tons socializing with others, challenging my perception of myself, given me a voice and helped me to set boundaries."



"Group is a very good experience. It's very nice to work with individuals that all have the same goal in mind, which is to become healthier. It's also nice to have a safe place where different fears can be recognized and resolved. The best thing of all is you are able to make safe friends."