



ACCOUNTABILITY GROUP WITH THE RECOVERY COACH

Fridays 4-5 PM
\$20/group (begins Fri., Oct. 12)

Accountability is an essential part of long-term recovery. The Recovery Coach, LLC and Atlanta Center for Wellness are pleased to offer an Accountability Group for individuals who are struggling with, or in recovery from:

Substance Use Disorder • Eating Disorders • Anxiety • Depression • Codependency

This group is ideal for anyone who has completed treatment (residential, PHP, IOP or extended care) and needs additional support upon returning home; someone who is in recovery but is facing challenges; or family members of someone who is struggling with, or in recovery from, the above conditions.

Together with a certified recovery coach, members of the group will review:

- **Difficulties/Challenges and Victories/Celebrations from the week before**
- **Intentions/Goals for the following week**
- **Weekend plans and possible triggers**
- **How can the group best support and hold you accountable?**

For more information about the Accountability Group, please contact Alison Broderick, NCRC-II, at (678) 851-3314 or Alison@TheRecoveryCoachATL.com.



ALISON BRODERICK

Alison Broderick, NCRC-II, is a Nationally Certified Recovery Coach Level II and founder/owner of The Recovery Coach, LLC. She is professionally trained in working with individuals struggling with, or in recovery from, substance use disorder, eating disorders, anxiety, depression and codependency. Her client-centered approach puts the client in the driver's seat of his or her own recovery. Alison's role is to empower, encourage and guide individuals along a path that supports their healing journey, so they can experience the true richness of recovery. As a recovery coach, she helps clients focus on present-moment living and whole-body wellness. Her strengths-based, solutions-based style of coaching fosters healthy change and shows individuals what real life looks like in recovery. Says Alison, "While the tools of recovery are certainly helpful, my job is to demonstrate how and when to actually use them."



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