



RELAPSE PREVENTION GROUP

**Mondays
6:00 PM - 7:15 PM**

Addiction and co-occurring disorders can steal our dreams and steal our joy. Recovery can give those back. If you're willing to keep working at it, you can recover.

Relapse prevention is recovery protection. In the Relapse Prevention Group, members learn how to apply recovery principles, how to identify relapse warning signs that develop automatically and unconsciously, and how to manage warning signs before they become so severe that our recovery is in real trouble.

Group therapy can help us know more about ourselves and about how to have more honest and fulfilling relationships with other people. Good recovery, with peace inside, is possible for anyone who is ready and willing to make the effort to get it, and it is definitely worth the effort!

**Please contact Chip Abernathy, LPC at
770-862-7585 to set up an initial individual
session to evaluate your recovery needs and
evaluation for the Relapse Prevention Group.**



**CHIP ABERNATHY,
MA, LPC**

Chip Abernathy, LPC has been treating addiction and co-occurring disorders for over 30 years. He has trained extensively with Terry Gorski in relapse prevention therapy and became one of the first Gorski-CENAPS Certified Relapse Prevention Specialists in the country. Prior to now working exclusively in private practice, he worked in treatment programs with adolescents, young adults, adults, and for many years in programs for professionals in the fields of healthcare, aviation, business and law. He is happily married, has two adult children, plays guitar, and studies Asian martial arts. He believes in and practices an individualized approach in addiction treatment that is based in abstinence, improving relationships, and finding joy in living.



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