



# ARCHITECTS OF RECOVERY



**Architects of Recovery** is a class focused on building and engaging in your plan for recovery from drug and alcohol addiction to live a fulfilling sober life. This class can help you:

Build a sober support system  
Identify triggers for relapse  
Change unhelpful thinking patterns  
Deal more effectively with emotions

Address underlying issues  
Experience & express emotions more fully  
Find peace and joy in sobriety  
Improve communication and confidence

Thursdays 5:30 pm to 6:45 pm  
8622 Winton Road, Suite A  
Cincinnati, Ohio 45231

We accept some insurances which may cover the cost of these classes/sessions. Otherwise, the cost is \$35 per class. You must obtain an assessment with us first. This is an ongoing group and you may attend as many sessions as you like.

Contact Brian to REGISTER or to get answers to your questions at  
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