



Live Rite Structured Recovery Corp
a non-profit organization

Live Rite Recovery Resource Center presents:

Staying on the Pink Cloud

Description: This 6-session course focuses on maintaining long term recovery. Learn how to become consistent and create permanent changes in your life.

Week 1: Establishing routines and goals. Examining physical, emotional, social, spiritual and professional self-care.

Week 2: Strengths exploration

Week 3: Developing balanced core beliefs

Week 4: Applying protective factors

Week 5: Controlling your emotions

Week 6: Visualizing your future

Join Shannon Brockert, LLMSW, CADAS

@ 7 pm-8:30 pm, Every Friday

Beginning July 12th

27700 Gratiot Ave., Roseville, MI 48066

Live Rite Structured Recovery Corp, a non-profit organization under 501(c)(3) of the Internal Revue Code, Section 170.

(586) 217-5899 ● www.liveritestructuredcorp@gmail.com ● liveritestructuredcorp@gmail.com