



Available Groups

We believe Group Work is a critical part of recovery. Developing and practicing tools in a safe environment with other peers is an important part of your climb. When combined with individual and/or couples therapy you receive the best outcomes. We've developed a group schedule and curriculum to help you along every stage of your journey. From education on the basics of Addiction and Betrayal Trauma to targeted clinician led groups, you receive the right support at the right stage, with a curriculum right for you.

Foundations for Recovery

For all clients starting their Addiction or Betrayal Trauma journey this 6-week course is designed to give you the necessary information to not only begin your journey, but to understand each step of that journey. You will get the answers to crucial questions like: How does trust come back? What are the stages of recovery? How do I manage my triggers?

Wednesday 6:30 PM – 8:30 PM
\$200 for Individuals / \$300 for Couples

Men's Sexual Addiction Groups

\$225/month

We believe that your story is best shared in smaller groups, this is why our men's groups are limited to 8 members. This allows every individual to process where they are at, offer encouragement, and have time to practice the skills they are learning.

Tuesday's 7:00 AM – 8:30 AM

Led by Brannon Patrick

Tuesday's 7:00 AM – 8:30 AM

Led by Grant Helt

Friday's (ONLINE) 7:00 AM – 8:30 AM (MDT)

Led by Grant Helt

Monday's (Every other week) 5:00 PM – 6:30 PM

Led by Kathy Kinghorn - *\$112.50/month

Women's Betrayal Trauma/DBT Groups

\$225/month

Overcome fear and move beyond triggers and trauma that are keeping you trapped. You will connect with other women who actually get it. They are going through similar situations and understand what it's like to have an intimate partner who is an addict.

Tuesday's 10:00 AM – 11:30 AM

Led by Brannon Patrick

Wednesday's 9:30 AM – 11:00 AM

Led by Kathy Kinghorn

Thursday's (ONLINE) 9:00 AM – 10:30 AM (MDT)

Led by Kendee Hamilton

General Groups

8-Week MBSR (Mindfulness Based Stress Reduction)

\$250/full 8-week course

This course is for men and women who want to be fully present in their lives. Those participating will discover awareness, mental clarity, calm, better sleep, and the ability to cope with difficult situations with grace and composure. You will also be able to better accept themselves and others just as they are.

Tuesday's 6:00 PM – 7:30 PM

Thursday's 7:30 AM – 9:00 AM

Led by Kim Beecher

