

# Download Group Activities For Families In Recovery

Read our list of 36 addiction recovery group activities to help you brainstorm your next group recovery session. We are committed to helping people recover from addiction. If you have any to add to the list that works for you and helps you recover from addiction, just let us know and we will add it to the page. Group Activities for Families in Recovery offers therapists a wealth of activities designed to help families struggling with addiction address problem areas of functioning, and ultimately shift from dysfunctional patterns to healthy living. Written by expert practitioners in family-oriented substance abuse treatment, this text focuses on group therapy as a key component to treatment. This is completely natural, and you are not alone if you are uncomfortable sharing in front of a group. Going in with some idea of what to expect can help you focus on your recovery instead of on your nerves, so here are 60 substance abuse group therapy activities and topics you might encounter during your experience during a theme/support group: Group Activities for Families in Recovery offers therapists a wealth of activities designed to help families struggling with addiction address problem areas of functioning, and ultimately shift from dysfunctional patterns to healthy living. Written by expert practitioners in family-oriented substance abuse treatment programs, this text focuses on group therapy as a key component to treatment.