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| This is a list of lessons developed along with their related Element of Recovery.  | X |
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| **Hope (On Mondays)** |  |
| Finding Hope |  |
| Journey Toward Coping  |  |
| From Hopelessness to Hope |  |
| Journey Toward Resilience |  |
| Exploring Recovery Education  |  |
| Accepting with Hope |  |
| Breaking Down Barriers Slideshow |  |
| Choosing Hope: Discussion |  |
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| **Security (On Tuesdays)** |  |
| Exploring Community Resources |  |
| Managing Crisis  |  |
| Meeting Your Human Needs  |  |
| Toward Security and Safety |  |
| Exploring Control Issues |  |
| Practicing Difficult Situations |  |
| Safety at Home |  |
| Building Your Self-Esteem Slideshow |  |
| Feeling Secure |  |
| Choosing to Solve Problems: Discussion |  |
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| **Support/Managing Symptoms (On Wednesdays)** |  |
| Managing Symptoms |  |
| A Medication Journey |  |
| Exploring Side Effects  |  |
| Finding Support  |  |
| Exploring Addictions/Alcohol |  |
| Exploring Behaviors |  |
| Following Your Treatment Plan: Slideshow |  |
| Exploring Nutrition |  |
| Medication Compliance: Slideshow |  |
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| **Empowerment (On Thursdays)** |  |
| Creating Change |  |
| Empowerment  |  |
| Toward Problem Solving  |  |
| Self-Awareness |  |
| Finding Your Learning Zone |  |
| Managing Guilt |  |
| Understanding Your Personality |  |
| Managing Anger: Slideshow |  |
| Finding Your Strengths |  |
| Choosing Change: Discussion |  |
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| **Relationships (On Fridays)** |  |
| Managing Anger & Conflict |  |
| Improving Self-Esteem |  |
| Making Progress in Recovery |  |
| Familes and Relationships  |  |
| Exploring Communication |  |
| Exploring Emotions |  |
| Improving Your Relationships |  |
| Helping Yourself Heal |  |
| Choosing Relationships: Discussion |  |
| Improving Family Communication: Slideshow |  |
| Practicing Assertiveness |  |
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| **Coping (On Saturdays)** |  |
| Stopping Negative Thinking |  |
| Changing Distorted Thinking |  |
| Exploring Stress and Anxiety  |  |
| Coping and Relaxation |  |
| Coping with Depression |  |
| Choosing to Cope: Discussion |  |
| Finding Your Way to Coping |  |
| Managing Distressing Thoughts |  |
| Improving Your Mood: Slideshow |  |
| Ways of Coping |  |
| Ways of Coping Videos |  |
| 12 Ways to Cope with the Holidays |  |
| Exploring Mindfulness |  |
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| **Finding Meaning (On Sundays)** |  |
| Toward Healthy Recovery |  |
| Journaling and Reflection |  |
| Coping With Grief and Loss |  |
| ­Exploring Healing |  |
| Spirituality  |  |
| Cultural Awareness |  |
| Exploring Culture Care Meanings |  |
| Making Healthy Transitions |  |
| Developing Life Skills |  |
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| **Other Recovery Activities:** |  |
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