

Small Group Guidelines

1. Keep your sharing focused on your own thoughts, feelings, and actions. Please limit your sharing to three to five minutes.
2. There is NO cross-talk please. Cross-talk is when two people engage in a dialogue during the meeting. Each person sharing is free to express feelings without interruptions.
3. We are here to support one another. We will not attempt to “fix” one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.



Riverview Church
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Bonsall, CA 92003
(760) 941-1430

12 Step Meetings: Monday and Friday at 7
Foundations: Wednesday at 7
Parents of Addicted Loved Ones: Thursday at 7

Accountability Team Phone Numbers

Sponsor _____

Accountability Partners

MENTAL HEALTH

Issue Pamphlet



12 Steps



What Refuge Recovery is.

- A safe and loving place for those with mental health issues and dual diagnosis which can support mental health through Christ-centered accountability and sponsorship.
- A safe place to work through all of life's past hurts, unhealthy thoughts and destructive behaviors, believing that freedom in Christ can be complete even without physical healing.

What we are not:

- A replacement for counseling and therapy.
- A place for judgment.
- A place that gives up on HOPE!

Exploring Mental Health

Fifty percent of all adults will experience some form of mental health issue in their life.* This can mean different things to different people. Ultimately, the list of the different types of disorders is too large for one informational sheet.

“Mental Health Issue/Mental Illness is an ongoing condition that affects mood, behaviors, and thinking patterns which may cause suffering and/or may interfere with a person's ability to function with typical daily activities on a frequent basis.”

Just like any other organ in our body, our brains are subject to malfunction from time to time. In the same way that a heart, lung, or kidney can malfunction, our brains can malfunction. This can lead to feelings of devastation, anger, or loneliness, for example. Often the result is a feeling of isolation, loss of control, and hopelessness.

Frequently, to ease these overwhelming emotions, people will use unhealthy coping skills. This can be through unhealthy relationships, at-risk behaviors, substance abuse, etc.

Thankfully, through the loving grace of Jesus Christ we do not have to live under the assumption that we have no hope. In 2 Corinthians 12:9 (NIV) we see God telling us,

“My grace is sufficient for you, for my power is made perfect in weakness.”

This tells us that when we are feeling weak, God steps in to fill the gap for us if we let Him.

Refuge Recovery offers tools to help us experience the freedom that comes when we allow God to stand in the gap for us. Utilizing the 12 Steps of Recovery and their biblical comparisons, we allow God to work in our lives. In Step 3, “We make a decision to turn our lives and our wills over to the care of God.” When we stop trying to get by under our own power and give that control over to God, we start living under His power. His “perfect power” offers healing and hope from life's past hurts, unhealthy thoughts and destructive behaviors.

God gives us the ability to come out of the darkness that weighs so heavily on us. We can feel what it is like to walk through life with hope for a better tomorrow. We can start building relationships with others that are healthy. We learn positive tools for coping with frustrations and then incorporate these tools into our lives.

Celebrate Recovery cannot promise physical healing from your mental health issues, no more than it can promise healing for cancer.

What we can offer you is this:

Celebrate Recovery is...

- a safe and loving place for those seeking to find support in the midst of a mental health issue and dual diagnosis.
- willing to support mental health through Christ-centered accountability and sponsorship.
- a safe place to work through all of life's past hurts, unhealthy thoughts and destructive behaviors believing that freedom in Christ can be complete even without physical healing.

Celebrate Recovery is not a replacement for professional counseling, therapy, and medical treatment. We are here to support those efforts and encourage you as you use them.

Living with mental health issues can be difficult. There is no denying that fact. But living with mental health issues does not have to be a lifelong sentence of misery. You do have hope for a better tomorrow. By living one day at a time, one moment at a time, you can find peace. You can live a life that is extraordinary.

*Centers for Disease Control and Prevention