S	O	B	E	R
Treatment	Affirmations	Has fewer than 90 days clean/sober	Relapse Prevention	Memory gain
Family	Spirituality	Milestones	Celebrate Recovery	Positive coping strategies
Resentments	Trigger	**FREE**	Dual Diagnosis	High risk situation
Humility	Relationships	Meditation	Heroin to Hero	Mental Health
Has finished Step One	Employable	Mindfulness	Zoom Meetings	Has a sponsor

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S	O	B	E	R
Trigger	Celebrate Recovery	Relapse Prevention	Family	Milestones
Has fewer than 90 days clean/sober	Zoom Meetings	Memory gain	Employable	Positive coping strategies
Humility	Dual Diagnosis	**FREE**	High risk situation	Affirmations
Heroin to Hero	Mindfulness	Treatment	Has a sponsor	Relationships
Meditation	Mental Health	Resentments	Spirituality	Has finished Step One

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S	O	B	E	R
Employable	Mindfulness	Celebrate Recovery	Mental Health	Dual Diagnosis
Treatment	Humility	Meditation	Spirituality	Memory gain
Resentments	Has a sponsor	**FREE**	Relationships	Heroin to Hero
Trigger	Positive coping strategies	Relapse Prevention	Zoom Meetings	Has fewer than 90 days clean/sober
High risk situation	Affirmations	Milestones	Family	Has finished Step One

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