

RECOVERY

Support	Change	Goals	Relapse	Peers
Education	Stress Management	Problem Solving	Communication	Stages of Change
Community Involvement	Planning Ahead	FREE	Independence	Strength
Leisure Time	Social Interaction	Motivation	Recovery	Healthy Relationships
Groups	Physical Activity	Coping Skills	Counseling	Self-esteem

RECOVERY

Hope	Community Involvement	Independence	Stress Management	Communication
Support	Strength	Planning Ahead	Relapse	Physical Activity
Leisure Time	Peers	FREE	Education	Goals
Problem Solving	Therapeutic Community	Self-esteem	Social Interaction	Coping Skills
Counseling	Recovery	Change	Motivation	Volunteering

RECOVERY

Therapeutic Community	Emotions	Community Involvement	Self-esteem	Education
Planning Ahead	Energy	Volunteering	Communication	Support
Motivation	Counseling	FREE	Relapse	Independence
Goals	Hope	Change	Groups	Physical Activity
Recovery	Stress Management	Social Interaction	Leisure Time	Stages of Change