

Are you ready to chase  
your recovery  
just as you chased  
your addiction?

## Recovery Start Kit “The first 130 days”

An ongoing Monday evening therapy group  
based on the work of Patrick Carnes and facilitated by  
Debi Hartwell, Certified Sex Addiction Therapist.

Please call for dates

This ongoing group will focus on 7 recovery tasks.

1. Breaking through denial
2. Understanding the nature of addictive illness
3. Surrendering to the process
4. Limiting damage from behaviour
5. Establishing sobriety
6. Ensuring physical integrity
7. Participating in a culture of support

This ongoing therapy group is experiential and psycho-educational and designed to facilitate change in the lives of those who struggle with sexual addiction/compulsivity. Group therapy is a powerful tool for supporting change. The sharing of one's story with the group is empowering for all.

**Workshop Fee:**

A fee of \$325 to purchase the Recovery Kit materials

PLUS \$265 Plus GST per month (3 Monday night sessions)

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Debi Hartwell, M.A., C.C.C.

Certified Canadian Counsellor #1464

Certified Sex Addiction Therapist

Certified Multi Addiction Therapist

The philosophy of Debi's work is to practice therapy from a holistic perspective: body, mind and spirit.

Her goal is to support personal growth by facilitating mindful connection to self and others.

Her strong dedication to helping people change comes from 21 years in recovery and the fulfillment of many personal and professional goals. She treats adolescents, adults and families as individuals, couples and in groups and provides specialized care in the treatment of addictions both behavioural and substance with a focus on the resolution of trauma.

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