



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIND YOUR WAY TO RECOVERY ADDICTION RECOVERY PROGRAM

**The Next Steps:  
Breaking the Cycle**

*Hope*  
CHANGES EVERYTHING

**We want to offer our  
resources at the Y to help those looking to refocus  
their efforts on improving mind, body, and spirit.**

## **CONNECTING MIND, BODY, SPIRIT RECOVERY AND SELF-LOVE**

Community YMCA is proud to offer The Next Steps, Breaking the Cycle Program to any person in recovery or even a family member caring for a person in recovery looking to get back to a healthier lifestyle. The group meets twice a week for 12-weeks, and has full access to all facilities and programs the Y has to offer, with the personal support of Y staff and trainers.

### **This FREE program includes:**

- Participation in our 12-week Recovery Wellness Program, which includes personal training, fitness classes, social activities, and more.
- Family membership during the 12-week duration of the Recovery Wellness Program.
- 6-Month Adult Memberships for person in recovery & spouse/partner after successful completion of the 12-week program (attend at least 16 classes and perform a community service project).