

# Recovery Group

"We all shine on, and on, and on" and on and on and on and on and on and on

Recovery starts at Day 1!

Misery is Optional;  
Recovery is Optimal!

A Hope for the Future!

Recovery is Possible!

Every Friday from 10:00 am – 11:00 am!  
The Counseling Center's East Entrance

*Recovery Group is directed at empowerment and being proactive!  
The goal is to connect knowledge, affect, drives, desires, and instincts to behavior.*

Facilitated by John Baldonado, LADAC

Limited Availability. For more information, contact:

The Counseling Center at (575) 488-2500 or visit [www.tcc-nm.org](http://www.tcc-nm.org)

