



Are you in recovery from substance misuse or other maladaptive behaviors and struggling to find the support you need remotely?

Join us for a weekly

Women in Recovery Support and Skills Group

led by Megan Goodrich, Healthy Change Coach

beginning

Wednesday, April 8th, 2020

10am to 11:15am (75 minutes)

The challenges of physical distancing during the COVID-19 pandemic can bring added pressures to those dealing with substance use issues and other maladaptive behaviors. Making and maintaining meaningful connections is often a large part of recovery and particularly difficult with so many in-person resources unavailable.

Using Zoom as a platform, the Center for Healthy Change would like to help you discover new ways to achieve a sense of well-being and balance through skill building and education specific to the emotional, physical, and environmental challenges we have been confronted with. This resource will continue through the COVID-19 crisis and adapt to meet the unanticipated and ever-changing needs of the participants. This opportunity for self-growth will be enhanced by the collective format of the group as we learn to connect in new ways and shift our perspectives from isolation to a deeper sense of connection because, after all, we are ALL in this together.



About Megan Goodrich B.S., Healthy Change Coach

Megan has a Bachelor's Degree in Anthropology and is working on her Masters Degree in Integrative Psychology. She is board certified by the American Association of Drugless Practitioners as a Holistic Health Coach. She completed her education in nutritional theory, practical lifestyle management techniques, and innovative coaching methods at the Institute of Integrative Nutrition. She also holds certifications as a Nutritional Therapist, Detox Specialist, and Dietary Supplement Specialist from the Health Sciences Academy. She uses cognitive behavioral therapy, community reinforcement approach, mindfulness, and motivational interviewing to provide emotional, informational, and logistical support.

Donation based | Venmo and PayPal accepted | Space is limited

Email to reserve your spot today | Megan@CenterforHealthyChange.com

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