



## 12 Step-Plus Recovery & Resiliency Support



### *Sharing Answers:*

'Front-lines' Service Members, Veterans & Families,  
(SMVF) and Law Enforcement & First Responders

**MONDAY NIGHTS 5pm-6pm at the  
Warrior Way Wellness Center  
OR DIGITAL ONLINE**

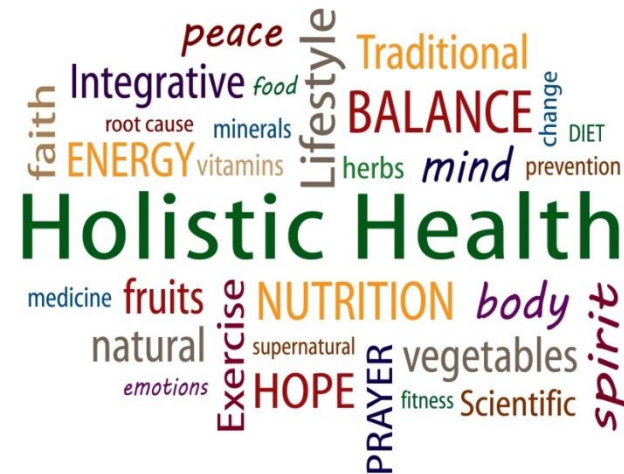
'Civilian Groups Included'  
*'No one gets left behind'*

Call 804.384-9325

Lighthouse Beacon Church Beacon Institute  
is a 501(c)3 Foundation # 27-3721969 dba  
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[www.veteranpathwayshome.org](http://www.veteranpathwayshome.org)

## WOMEN'S FOCUS GROUP



## 12 Step-Plus Recovery & Resiliency Support Group

- Coping Skills
- Wellness Tool-box
- Finding Hope
- Sharing Answers.....

## The First Step to Moving Forward

Have you ever felt stuck?

Are you having issues moving past a certain incident in your life?

Are you having troubles or concerns with substance use?

This is the place for you. We are here to help you move forward in a meaningful and safe manner.

There are several different paths to recovery and we will help you choose the one best suited for you and your goals and aspirations. This isn't the end this is just the beginning.

Come talk to people who are or have gone through what you are going through and listen to their experiences and solutions.

Share your experience and what has led you to this point. Everyone here has had something they would like to work past so there is no judgement or shame.

**We are here for you and for each-other.**

This isn't a traditional 12-Step group, we live in the solution as a group-- we offer direct help as a group and help you build a Wellness Toolbox of coping and managing skills, as a GROUP.

Your situation and shared-experience as a 'peer' is just as valid as the next persons and with our help and the building of your Wellness Toolbox.

You will have a better understanding of who you are, what you are going through, and where you want to go AND what is the best route to get you there.

This is the strength and power of this group. Each one helping the other and in turn, as we will come to understand, when you help someone else you are also helping yourself.

You will come to understand the the strength you truly have inside and will the tools gained in this group.

You will be able to utilize your strengths to help yourself and more importantly help the person sitting next to you.

As our Center is geared for the 'Front-lines' care, Service Members, Veterans & Families, (SMVF) and Law Enforcement & First Responders, and is based on our 'Membership' fees of \$ 99 per month individual inclusive of SAMHSA 16 hours of accredited wellness class, and unlimited support groups for three months.

However, if you are a civilian – no one gets left behind- we have a group for you as well.

**Start to live in the solution.**