

# RESOLVE™

BRIDGING THE GAP



The Alliance of Coalitions for Healthy Communities **(The Alliance)** is focused on restoring the health and hope of people in recovery and their families, by empowering them with the knowledge, tools, and support to understand and address the unique issues related to substance use recovery.

**The Alliance** offers the Resolve™ program, a 12-week class for people in recovery.



*For next session info call (248) 221-7101*

*Email: [resolve@alliancemi.org](mailto:resolve@alliancemi.org)*

*Register: [tinyurl.com/resolveregister](https://tinyurl.com/resolveregister)*



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### About the Program

Resolve™ is a comprehensive life skills training program developed by the Alliance for individuals in recovery. This program offers a wide range of topics that are tailored to address the unique needs of each individual. Resolve™ covers everything from building a strong support system and managing triggers to learning coping mechanisms and developing a healthy lifestyle.

We understand that recovery is a lifelong journey, and Resolve™ is designed to provide the tools and support needed to achieve lasting success. With the right guidance and support, anyone can overcome addiction and achieve their goals.

### Benefits of the Resolve™ Program

Resolve™ is not a treatment program but rather a comprehensive life skills program that improves overall mental and physical health by:

- Learning about the effects of addiction on the brain
- Developing healthy coping mechanisms and habits
- Experiencing improvements in physical and mental well-being
- Improving relationships that emphasizes the importance of connection and healing
- Increasing greater self-awareness ...and more!

The Resolve™ program can be used in conjunction with Certified Peer Recovery Coaches, outpatient therapy or as a stand alone option for many individuals seeking support on how to lead a healthy and successful recovery lifestyle.



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### Program Information:

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