

Ongoing Connection and  
Support for those in Recovery

# The Exodus. Connection



*It's often the  
"little" things  
that cause us to  
stumble on our  
way to freedom.  
Staying well  
connected and  
focused is an  
essential key  
to relapse  
prevention.*

## Exploring the Topics That Often Sabotage Recovery

*Some of the Subjects We Have Covered  
in The Exodus Connection:*

- **The Power of Our Words:** *Recognizing the twelve negative thoughts that are most dangerous*
- **Creating Trust & Intimacy in Your Marriage:** *Eight simple habits that can weaken walls and build trust*
- **The Secret to Living Without Shame:** *Five proven shame reducers that will restore your self-respect*
- **The Truth About the Mind, Body, Spirit Connection:** *Essential steps to restoring vitality and well-being*
- **Building Healthy Relationships:** *Why and How?*
- **Insights into the Organ of Thought and Feelings:** *How to Help Your Brain Help You*

*... and many more!*

Presented by



**Life More Abundant  
Network**

## Come join us whenever you can!

The Genesis Process is only the first step in the recovery process. If you're like most participants, you'll continue to benefit from extra support and encouragement as you work to incorporate what you have learned into your daily life.

Offered once every six to eight weeks, these periodic drop-in sessions provide a confidential place for all past participants to connect and share their successes, struggles and words of encouragement.

Whether you're doing well, or struggling way more than you'd like, these meetings are sure to revitalize and motivate you.

Each session includes a brief teaching, new handouts and LOTS of time for sharing, discussion and reconnection!



### WHO?

Anyone who has completed our 20-week Genesis program.

### WHEN?

This drop-in group meets once every 6-8 weeks.

### WHERE?

For confidentiality reasons, the location is only disclosed upon registration.

### COST?

\$20 per week - Make any checks payable to "LMA"

### ANYTHING ELSE I NEED TO KNOW?

No long-term commitment. No homework. Just some good fellowship and some very interesting discussions!

To inquire about upcoming dates or sign up for the next Exodus Connection, please contact Bruce & Janet Wheeler

**(360) 223-1862**

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