



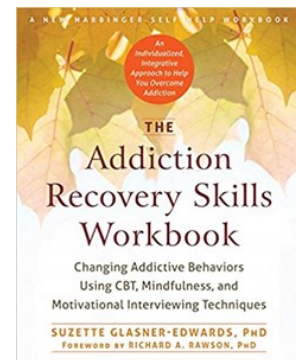
THE SOLUTION

A group and class using the Principles of Mindful Recovery

The Solution welcomes all who are recovering, new to recovery, and have an earnest desire to recover. The members will create a safe, energetic space where we listen as much as we share. Respectful participation, group cohesion, and confidentiality is the essential nature of the group.

As a member of the Group you will:

- ⌘ realize who you are
- ⌘ discover your wisdom mind
- ⌘ learn to view yourself with interested awareness
- ⌘ recover your true happiness and freedom
- ⌘ find a supportive, challenging, open, honest environment



To support our work we have:

- Friendly people
- A great workbook
- Snacks

Where: Middle Way Health

Address: 720 Alhambra Blvd.
Sacramento CA 95816
916-492-9007

When: 1st & 3rd Mondays
of each Month

Time: 6:30 pm to 8:00 pm

Fee: \$60 per session

www.MiddleWayHealth.com



Presented by:

**Stephen Bryant Walker, MA, LMFT
& Katie Kilian, MA**