

Montgomery County Recovery Community Center

LIFE SKILLS

Every Thursday — 11:00 AM to 12:30 PM

Hybrid Course Facilitated by a Certified Recovery Specialist

In-person at Montgomery County Recovery Community Center) or on ZOOM:

<https://us02web.zoom.us/j/84955751532>

Course Topics Include:

1. Recovery 101
2. Relationships in Recovery
3. Self-Esteem
4. Decision Making
5. Time Management
6. Building Credibility
7. Employability
8. Money Management
9. Spirituality
10. Sustaining Recovery
11. Health & Wellness
12. Self-Care



(Certificate of completion obtained once all classes are attended.)

Montgomery County Recovery Community Center

601 Dekalb Street

Suite 1

Norristown, PA. 19401

484.383.0802 Ext. 7311

