Freedom, healing and hope

Are you struggling with **compulsive behaviours** that are proving hard to control?
Do you long for change, peace, and a new way forward?

The Recovery Course is an **approachable programme** that offers practical support, spiritual growth, and a pathway towards freedom with hope for a brighter future.

A 12-Step Path to Recovery

The Recovery Course is a **free 15-week programme**, run through the church, which brings the **12 Steps** back to the original Christian origins that were used when they were first brought into being by Alcohol Anonymous (AA).

The course is for anyone who wants to bring unhelpful patterns into the light and experience God's grace, truth, and transforming power.

✓ Safe, confidential group setting
✓ Led by trained Christian facilitators
✓ Free and open to adults (18+)

What Are Compulsive Behaviours?

Compulsive Behaviours are repeated habits or thought patterns that can begin to take control of our lives, affect relationships, and distance us from the peace God intended for our lives.

These may include:

- Food or body-image struggles
- Excessive phone, internet, or media use
- Relationship dependency or approval-seeking
- Repetitive thoughts or routines
- Alcohol, drug or other addictions
- Other behaviours that feel driven rather than chosen

You do not need a diagnosis – just a willingness to begin the journey.

THE RECOVERY COURSE

What the Course Offers

- The 12 Steps explored through a Christian lens
- Honest, supportive group discussion
- Tools to support lasting change
- Space to encounter God's grace and forgiveness
- Hope rooted in Christ, not willpower alone

The course does not require a Christian faith, but it is Christian-led.

It is not clinical and can be attended alongside counselling or other professional support if needed.

Course Details

📍 **Location:** The Edge Centre, Corporation Road (opposite the Primary School)

🗓️ **Dates:** Tuesday 12th January 2027

⏰ **Time:** 7:00 pm

⏳ **Length:** 15 weeks

To Find Out More or Register

📧 **Email:** Tony@EdgeCentreDarlington.co.uk

📞 **Phone:** [07546 975017]

🌐 **Register:** The Recovery Course (12-Jan-2027) · ChurchSuite Events

or use QR Code

"If the Son sets you free, you will be free indeed." **- John 8:36**