**What is Celebrate Recovery?**

Celebrate Recovery (CR) is a Christ-centered, 12-step recovery program designed to help individuals overcome various struggles in life. Unlike many traditional recovery programs that primarily focus on substance abuse, Celebrate Recovery addresses a wide range of issues, offering support for anyone dealing with "hurts, habits, and hang-ups."

**What Are Hurts, Habits, and Hang-ups?**

Hurts: Emotional pain or trauma caused by events like abuse, neglect, or grief.

Habits: Unhealthy patterns of behavior such as overeating, gambling, pornography addiction, or substance abuse.

Hang-ups: Negative thought patterns, fears, or attitudes that hold individuals back, such as anger, insecurity, or resentment.

This broad scope makes Celebrate Recovery a program that can meet the needs of people from all walks of life, no matter the challenge they're facing.

**Who Is Celebrate Recovery For?**

Celebrate Recovery is for anyone seeking freedom and healing from life's struggles, such as:

Grief: Coping with the loss of a loved one.

Abuse: Healing from physical, emotional, or sexual abuse.

Overeating: Finding balance with food and body image issues.

Codependency: Learning healthy boundaries and self-worth.

Addictions: Addressing not just drugs or alcohol, but also other dependencies like shopping, workaholism, or gaming.

Emotional Struggles: Battling anxiety, depression, or anger.

**Why Choose Celebrate Recovery?**

1. Faith-Based Approach: CR is rooted in Christian principles, providing spiritual guidance and a sense of community for those seeking Christ-centered solutions.

2. Safe and Confidential: The program emphasizes confidentiality and a judgment-free environment.

3. Diverse Support Groups: Small, gender-specific groups allow individuals to share and process their struggles with peers who understand.

4. Proven Structure: The 12-step program and eight recovery principles are biblically inspired and time-tested for effectiveness.

**How Does It Work?**

Participants meet weekly in a structured format, which includes:

A large group session with worship and teaching/testimonies.

Small open-share groups where individuals can talk about their struggles in a supportive setting.

A focus on Step Studies, which delve deeper into recovery through guided workbooks.

**Breaking the Myth: It's Not Just for Substance Abuse**

Many people mistakenly assume that Celebrate Recovery is only for those struggling with drugs or alcohol. While CR does provide help for those challenges, its true strength lies in its ability to address a wide variety of life issues. If you're feeling stuck or overwhelmed, CR can help you find healing, regardless of the issue.

**Getting Involved**

Celebrate Recovery is available in churches across the globe. You can locate a program near you by visiting the official Celebrate Recovery website or contacting local churches in your area. Whether you're struggling with a hidden burden or an outward challenge, CR provides a path to freedom and restoration.