



SIMPLE STEPS SAVES LIVES.

What is Simple Steps?

Who is Simple Steps for?

No matter what is going on in your life, no matter what you are struggling with, SimpleSteps is for you. This is an “open” program. Loved ones, spouses, and parents are encouraged to attend the program with or without those that struggle with an addiction.

How often do you meet?

Every Friday night – rain or shine!

Is there a general group meeting?

Yes. We will have a large group meeting with everyone then we will break into smaller groups.

Are the groups co-ed?

No, after the large group meeting we will separate into several men’s and women’s groups.

How confidential is this group?

They are very confidential. What is said in the small group stays in the small group.

Is there a cost?

No. Attendance in the program is always free. However, there are resource materials available for purchase if you would like.

Are there materials that are required to bring, buy, or are suggested?

As for the materials, the program itself is free, but we do provide additional materials such as our workbook and journals at minimal cost.

What if I’m not religious, don’t believe in God, or don’t go to church?

Doesn’t matter. This program is open to everyone.

What if I am not struggling, but want to help someone close to me that is?

SimpleSteps is not only for struggling addicts but also for those close to them.

Can I still come if the person close to me that is really struggling doesn’t want to?

Absolutely, you need support to make it and cope with life.

What if my main problem is anger, loneliness, depression, anxiety, or life just hurts?

You have come to the right place. You will find the support you need.