



Introduction Week for Ready Now Recovery Groups

There will now be an introductory week for every group, which adds a week to each group. For example: A 6 week Breaking Free Group will now be 7 weeks.

Format for Intro Week

- Open in Prayer.
- Ask everyone to introduce themselves and where they are from.
- Ice Breaker Question: What is your favorite thing to do when you have free time? Your favorite hobby? Your favorite food? Etc.
- Go over the ground rules- emphasize the “why” on confidentiality.
- Go over curriculum outline and purpose for the group. This can be found in the table of contents and summary of the group description on the website.
- If they don’t already have the curriculum give them the link to purchase it.
- Let them know where to find the Session 1 information and ask them to go through the material before next week.
- Hand out or email each participant the Action Plan (found in the Facilitator Portal). Explain that this is a tool to help them set goals, assess relationships, identify triggers, and more.
- Close in prayer.