



## No Longer Bound Recovery Group

At NLB, we recognize that connecting with others in recovery is essential for long-term sobriety. Therefore, we offer individuals the opportunity to engage in continued recovery activities with other participants, residents and individuals that have participated in the program with approval from the Director of Transition.

1. The group will take place on Wednesdays from 7:00 pm until 9:00 pm to facilitate open discussions related to recovery.
2. Membership is open to anyone regardless of the time completed in the program. If discharged before completion of the program, participants are eligible to participate 30 days from their discharge date.
3. All members must be sober to attend the meetings.
4. Prior to participation, members are required to complete the Guidelines for Alumni Visitor Form
5. A sign-in sheet must be completed by members at each group meeting.
6. Parking is available in the lower lot next to the Thompson Training Center. Check-in is at the RT office within the inside of the Thompson Training Center.
7. Oversight of the group will be entrusted to an appointed alumni, under the guidance of the Transition Director.
8. For any questions about the group's operations, please contact the Transition Director.
9. All nicotine products must be securely stored in members' vehicles throughout the duration of their time on campus.
10. While on campus, please do not seek out conversation with residents. You are more than welcome to give them a hug and ask how they are if you see them.