

GROW (General Recovering Outreach Workshops) is a program developed by Hoosier Uplands to provide counseling/therapy services, job skills, and life skills training for those in recovery from substance abuse and addiction. Addictions play such a large role in the down-turn of one's life, and many people have no idea where to start in getting themselves back on track. GROW gives participants the resources and tools necessary to move towards recovery, make better decisions, and secure stable employment.

The goal of the GROW program is to assist and empower people with addictions in order to overcome their addiction and make a better life for themselves. This is accomplished through individual case management services, life and job skills workshops, and peer recovery coaching to help clients overcome the barriers which often result in relapse.

The GROW Program is funded by Hoosier Uplands and local community organizations. The program is completely free to participants. Anyone with a history of substance abuse and the desire to achieve and maintain long term recovery is eligible for the program. Counseling and case management appointments are held at Serenity Now, in Bedford. Individuals interested in the GROW Program can contact the Program Coordinator for more information.

**Contact Information:**

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