Local Rehab Praises Recovery Community in Tampa

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Tampa, FL - November 27, 2023 -
Tampa, FL ? Clean Recovery Centers just released a new installment celebrating the supportive recovery community in Tampa. The piece highlights different organizations that help those in recovery, both new and old. Clean Recovery Centers is at the forefront of this movement, providing a safe space for those who want to get clean, live clean, and stay clean.

?Early recovery can be very overwhelming ? going from relying on a substance (or substances) to no longer using can seem frightening. In a treatment setting, it can seem easy to leave behind that old life and focus on creating new coping skills and finding hobbies. But once treatment is over, and life stresses come barreling down, staying true to living substance-free can feel impossible. This is where the recovery community and support groups come in,? the article reads.

Some of the most common groups for recovery are 12-step groups. These include Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Al-anon, and Nar-anon. The focus of the 12 steps is to promote behavioral changes in those wanting to stop using substances and alcohol. Groups share their stories and work with each other to continue recovery and provide support no matter the time of day. In Tampa, there are over 100 AA and NA meetings around the area. Al-anon and Nar-anon are designed for those affected by substance or alcohol use, such as spouses, children, and other family and friends. They also follow a 12-step approach.

There are other support groups and organizations in the Tampa area that provide a place for those in recovery to be a part of a community. Different groups specific for women, anger management, LGBTQIA+, and grief are abundantly available in Tampa. Organizations such as The Phoenix give people in recovery a place to find new hobbies, such as book clubs, HIIT groups, and many more.

?While the news is often filled with stories involving addiction ? trafficking substances, arrests for driving while intoxicated, and overdose deaths ? there are more and more people choosing to live alcohol and substance-free. A couple in St. Petersburg opened a bottle shop this past year, and their beverages contain no alcohol. Their shop is the first of its kind in Florida, but they hope to put the spotlight on more people who are choosing to leave alcohol behind,? the article continues.

With so many groups and everyday people joining the movement of recovery and sobriety alike, Tampa is becoming a solid community for support. There are a variety of options for treatment facilities for those needing help to start their recovery, as well as many sober living housing options for after completing treatment. With all these resources, Tampa is a great area to settle down and live a full life surrounded by peers in recovery.

Clean Recovery Centers has been part of the Tampa recovery movement for years. Opening three new locations just in the past few months, Clean now has 6 different locations for those looking for substance use disorder treatment. Each location has housing options for those who need it, adding to the benefits of coming to Tampa for recovery. Their alumni program helps keep the connection to the community going after treatment, and meets weekly to plan events and activities. The Facebook group allows continued connection for those who are not in the Tampa area as well.

For those wanting to learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.
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For more information about Clean Recovery Centers - Tampa, contact the company here:Clean Recovery Centers - TampaTerri Boyer(727) 766-0503info@cleanrecoverycenters.com508 W Fletcher AveTampa FL 33612

Clean Recovery Centers - Tampa

At Clean Recovery Centers, we are committed to helping you transition from your old life of addiction into a new life of sober living. Our treatment plans help you identify and build on your strengths to create a lasting and healthy change.

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