

## Here's How You Get On The Road To Recovery

1. Make a call to us at Calvary — 445-5640.
2. Attend one session. After just one session you will begin seeing God make a difference in your life. He will set you free from your destructive behavior FOREVER.
3. Commit to the SAFE program for a seventeen week cycle.

The road to recovery will take you to the top of your world.



All sessions are conducted on Fridays,  
6:00-7:30 p.m., on the campus of  
Calvary Baptist Church, 5011 Jackson  
Street, Alexandria, Louisiana. The  
meetings are in Room A121.

# SAFE & YOU

**SAFE** began with a promise made by Jesus Christ: "If the Son shall make you free, you shall be free indeed." (John 8:36)

**SAFE** is a journey to freedom. We gain that freedom as we allow Christ to show us how we can truly be free. Real freedom can only occur when deep-rooted, destructive attitudes have been changed.

**SAFE** has three keys to success:

1. Christ
2. Simplicity
3. Repetition

**SAFE** invites **YOU** to join us on the road to freedom!

## Call Today

 **CALVARY**  
5011 Jackson Street | (318) 445-5640  
[www.calvarynet.net](http://www.calvarynet.net)



# SAFE

**STABLE AND FREE  
ETERNALLY**

## Addictions Destructive Habits Unstable Emotions

**Are you sick and tired  
of being sick and tired?**

# SAFE

## Stable And Free Eternally



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# "life gets more and more out of control..."

"A person's life gets more and more out of control, and he/she is driven by fierce emotions that destroy his/her ability to make wise decisions, establish healthy relationships, and develop a close walk with God."

## SAFE's PURPOSE

The purpose of the SAFE program is to help an individual gain the tools needed to accomplish permanent change in his/her life. Permanent change does not happen by accident. Until a person understands the principles related to change and applies them to his or her life, he/she



At least 75% of our decisions are made by our subconscious mind. Once our subconscious decides on a course of action, it then forces us to carry out its decisions.

is doomed to repeat unhealthy patterns. A person's life gets more and more out of control, and he/she is driven by fierce emotions that destroy his/her ability to make wise decisions, establish healthy relationships, and develop a close walk with God.

Once a person understands the saturation principles taught in the SAFE program, he/she will have the resources needed to effect permanent change in his/her life.

## Our Approach To Freedom

The SAFE approach is drastically different than most programs. It is a one-year involvement addressing the root cause (emotional instability) rather than just symptoms of addictions or destructive behaviors. According to study done of those who complete the one



-year program, more than eighty percent remain free of their unhealthy behaviors.

The view from the top of the mountain is worth every step of the climb.

The SAFE program consists of a 51-week program divided into three 17-week cycles. All of the support material is covered in the first 17 weeks, and the cycle is repeated for all who participate in the program.

- Cycle #1 Information Cycle 17 weeks
- Cycle #2 Application Cycle 17 weeks
- Cycle #3 Maintenance Cycle 17 weeks

## Encouragers

When you register for the SAFE program, you are assigned an encourager. Your encourager stays with you throughout your first 34 weeks of the program. Your encourager is your support person. During the

Maintenance Cycle you will relate directly to the leader.

## Weekly Meetings – Fridays, 6:00 p.m.

SAFE offers a once-per-week meeting where you and your encourager are together with other participants. This one-and-one-half-hour meeting is divided into three segments:



Weekly Meetings are the building blocks to your recovery..

### Group Leader

**Time** – This is when our Group Leader teaches the essential material to you—the material you have studied the previous week.

**Encourager Time** — Small group time for you, your encourager and one or two other participants. This is the best time for you to deal with personal problems or struggles.

**Positive Share Group Time** — Here we share only positive goals and victories.

## CONTACT

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