

WELLNESS & RECOVERY

for a life of joy and fulfillment

COGNITIVE-BEHAVIORAL TREATMENT JOURNAL

Helping individuals find joy and fulfillment on their recovery journey



ABOUT INTERACTIVE JOURNALING®

Over 25 million people have used Interactive Journals to make positive changes in their lives.

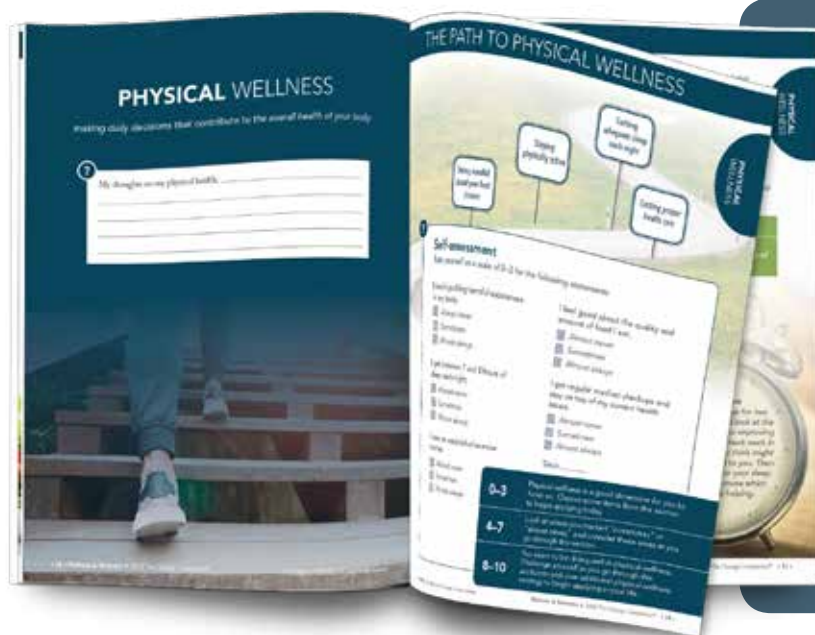
The Change Companies® collaborates with hundreds of professionals and providers to create program content, implementation methods, training options and outcome measurements.

Interactive Journaling® curricula are used in many behavior change fields, including justice services, substance use treatment, impaired driving, healthcare, mental health, prevention and intervention.

INTERACTIVE



JOURNALING®



Interactive Journaling® is a structured and experiential writing process that motivates and guides participants toward positive life change. This evidence-based practice brings consistency to service delivery while keeping program participants engaged and focused on their personal change goals.

ABOUT WELLNESS & RECOVERY



Wellness & Recovery

Item #: WR1 | 64 pages | \$7.50

This visually engaging cognitive-behavioral Journal helps individuals in recovery develop lifelong wellness habits. Participants gain skills and strategies for a healthy recovery within five dimensions of wellness – emotional, intellectual, physical, social and spiritual – and learn how to access the support of others on their recovery journey. Self-assessments throughout the Journal allow participants to identify their strengths and opportunities for growth. Strategies for change are emphasized throughout.

Included with the Journal is the **Wellness Activities** booklet, a pocket-sized companion piece to *Wellness & Recovery*. It provides participants with several “in-the-moment” activities they can engage in that serve as healthy alternatives to substance use.



Wellness & Recovery Facilitator Guide

Item #: WRFG | 88 pages | \$20.00

The *Wellness & Recovery* Facilitator Guide features miniature versions of the *Wellness & Recovery* Journal pages with facilitation instructions, participant activities and opportunities for skill-building and application wrapped around the border of each page. Methods for both individual and group facilitation are provided. The guide also includes implementation strategies for the *Wellness Activities* booklet.

Toll-free: 888-889-8866

WELLNESS & RECOVERY

ORDER FORM

Minimum quantity for Participant Journals is 25

ITEM #	PRODUCTS	QUANTITY	UNIT PRICE	TOTAL
WR1	Wellness & Recovery and Wellness Activities		x \$7.50	=
WRFG	Wellness & Recovery Facilitator Guide		x \$20.00	=
SUBTOTAL				
DOMESTIC S&H 7.5% (MIN. \$7.50)				
TAX (CA, CO, DC, IN, KY, NM, NV, MO, TN, WA)				
TOTAL				

Packages will be shipped by ground services the same day your order is received.

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 The **Change** Companies®

Toll-free: 888-889-8866

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5221 Sigstrom Drive
Carson City, NV 89706

Ordering hours M-F, 6:30a-3:00p PT
Fax orders accepted 24 hours a day