

Symbolism Behind the Phoenix

The Phoenix is a symbol of hope, renewal, and rebirth. And just like the mythical Phoenix emerges from its ashes, so can humans after devastation and loss. The Phoenix embodies the fervency of growth and progression, mirroring the human cycle of life. We chose this as our symbol because we believe in the limitless power of transformation and re-formation of individuals.



Questions?

Email: phoenixgroup@local1403.org

Facebook: [@PhoenixGroupFirefighters](https://www.facebook.com/PhoenixGroupFirefighters)

Or contact:

Jason: 954-529-6170

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Fred: 305-319-0607

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Location:

The Springs Room
38 Curtiss Parkway
Miami Springs, FL. 33166
(Entrance at rear of building)

Meetings:

Thursdays, 9:30 to 11:30 am

Phoenix Group of the Broth**ER**hood Initiative

*AN ALCOHOL AND SUBSTANCE
ABUSE SUPPORT GROUP
EXCLUSIVELY FOR
FIREFIGHTERS*

What is the Phoenix Group?

OUR HISTORY

The Phoenix Group of the BroTHERhood Initiative was created with the intention of harvesting an atmosphere where awareness, courage, perseverance, and compassion would become the guiding principles to support members in their journey of recovery. We believe that no member should have to face the recovery process alone.

Our goal is help maximize the potential for success while highlighting resiliency in each of our members. We've recognized that when these elements converge, they produce a nonjudgmental, validating atmosphere where members thrive, feel secure, and are better equipped to confront the difficulties that may lie ahead.

Program Structure: Group Meetings and Recovery Mentoring

GROUP MEETINGS

Group meetings are interactive discussions where members talk about their alcohol/substance use habits, history with the disease, plans and obstacles relating to their recovery, and other pertinent topics. We highlight the positive outcomes that members experience when they are able to reclaim their lives, in and out of the fire service.

Participation in discussions is voluntary and all of our interactions are fully confidential.

RECOVERY MENTORING

Recovery mentoring is offered by MDR members who have struggled in the past with alcohol/substance abuse and have been able to successfully manage their recovery. These individuals bring a wealth of knowledge and provide hope to members who are experiencing difficulties in their journey towards recovery.

Benefits of the Program

The group can help members grow in ways that are healthy and creative by providing different perspectives, and cultivating an atmosphere of non-judgmental acceptance. Witnessing the success of others and drawing on the strength of the group fosters a sense of hope and confidence in the process of recovery..

Other Benefits include:

- Gaining insight
- Positive peer modeling
- Development of coping skills
- Movement towards healthier family interactions
- Developing a sense of community and belonging
- Safe, non-judgmental place for self expression
- Regular scheduled meetings
- Self-empowerment
- Practical feedback from members who are in recovery

OUR PREAMBLE

"The Phoenix Group is a gathering of men and women of the Fire Service who find hope and solidarity through honest discussions and self-reflection".

FAQ's

I AM DONE WITH MY INITIAL PHASE OF TREATMENT, NOW WHAT?

Now comes the aftercare portion of your treatment. Aftercare could involve a mixture of individual, group, medical, and family types of therapy. This may also include a combination of support groups and sober living arrangements, if needed. The Phoenix Group can help you get organized and stay motivated in your quest towards sobriety.

WHAT IS THE DIFFERENCE BETWEEN REHAB AND RECOVERY?

Alcohol and Substance abuse rehab teaches you how to cope with daily cravings and can provide strategies to help you handle the associated stressors (family, friendships and "trigger" situations) you will encounter. Recovery is the process characterized by life changing behaviors, thinking patterns, and the ongoing support that will be part of your sobriety.

WHAT HAPPENS IF I RELAPSE?

Relapse should not be viewed as a failure but instead experienced as an obstacle to overcome on one's journey towards recovery. If this happens, it can provide an opportunity to reassess your treatment plans and identify the possible barriers that may be impeding your recovery. Relapse prevention and strategies are common areas addressed in the Phoenix Group sessions.

I FEEL OVERWHELMED BY EVERYTHING I HAVE TO DO. HOW COULD I GET ALL THESE THINGS ACCOMPLISHED?

The first thing we recommend is taking a long, deep breath. You are not alone in this journey. The Phoenix Group can help you get organized with all the "items" you need to do, to ensure you maintain your sobriety. Let us help you understand the process, provide hope, resources, and support your commitment to recovery.

You will get through this by being present, honest with your intentions, and the understanding that this will be accomplished one day at a time.