

Relapse Prevention

A healthy recovery requires people to change their lifestyles to avoid behaviours, people, places, and things that can trigger relapse.

All recovering people have certain people, places, emotions, and things that are somehow associated with substance use.

In this group you will learn and understand how addiction affects people's thinking, understand how triggers can lead to relapse, identify different types of triggers, understand how to defuse triggers.

Wednesday 12:00pm – 1:00pm

*Recovery is about progression
not perfection*

