

SIX Week Relapse Prevention Group

Starts January 16th to March 26th 2020

Every other Thursday @ MWC

Week One
January
16th

What is Relapse
How drugs and alcohol affect
The brain and CNS
Long term effects of
Addiction
Triggers

Activity:
Personal Bundle

Week Two
January

30th
Wellness
Wheel
Seven
dimensions
of our personal
Wellness
in
Recovery

Activity
Personal
Medicine
Wheel

Week Three
February

13th
Feelings
How emotions
Impact our
Sobriety
Develop
Healthy
Coping Skills

Activity:
Traditional
Medicines
making

Week four
February

27th
10—12
Understanding
Grief and
The impact on
Sobriety

Power of
Ceremony
To heal
Our wounded
Hearts

Activity:
Letting Go
ceremony

Week Five
March 12th

10 to 12

Relationships
& Impact
On Sobriety
Healthy
Vs.
Unhealthy
relationships
Setting
Boundaries
For
Personal
Wellness

Activity
Self love
doll

Week SIX
March 26th

Graduation
Ceremony
&
Celebration
Of
Living
Well

For more information or to sign up for the group, call Linda Dunbar, PSIT/AODA Services Coordinator at the Mishomis

Wellness Center at 715.779-3741 ex 2403

