

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

