

# SIX Week Relapse Prevention Group

Starts March 10 to April 21st 2020 (no group on 3/24)

Tuesdays 10 to 12 p.m. @ MWC

## *Week One*

*March 10th*

What is  
Codependency  
Patterns

*Personality traits*  
*Predictability*

Activity:  
*Using history of*  
*self and family of*  
*addiction*  
*CODA*  
*Questionnaire*  
*Self love doll*

## *Week Two*

*March 17th*

*Codependency*  
*characteristics*  
*Discussion*

*Traditional*  
*Family Systems*  
*Vs*

*Codependent*  
*family systems*  
Activity

*Self love Doll*

## *Week Three*

*March 31st*

Building  
healthy  
Relationships  
with self and  
others

Relationship  
Diagram  
Step One  
Activity:

*Self love doll*

## *Week four*

*April 7th*

Communication  
Skills  
Honesty  
Respect  
Caring  
Listening  
Openess  
Healthy  
communication  
skills  
exercises

Activity:  
*Self Love doll*

## *Week Five*

*April 14th*

Interdependence  
Balance in  
Our  
Relationships  
Individuality  
Self awareness  
Support  
Partnership

Activity  
*Self love*  
*Doll*

## *Week SIX*

*April 21st*

*Guest Speaker*  
*Alanon*  
*Living*  
*Happy*  
*Joyous*  
*&*  
*Free*  
*Celebration*  
*Of*  
*Interdependence*  
*Feast*

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

