

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
Openness
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

