

RELAPSE PREVENTION GROUP

TOPICS FOR DISCUSSION INCLUDE:

UNDERSTANDING RELAPSE

- How relapse happens
- How to avoid relapse

PERSONALITY OF AN ADDICTED

- Low frustration tolerance
- Anxiety/isolation
- Grandiosity/perfectionism

WARNING SIGNS

- Attitude changes
- Behaviour changes
- Relationships
- Physiological/spiritual
- H.A.L.T. (Hungry/Angry/Lonely/Tired)

RELAPSE PREVENTION GOALS

- Current sobriety maintenance activities
- Finding & implementing new maintenance activities

**Groups held every Thursday afternoon @ 2:30 p.m.
No cost is attached.**

**921 Danforth Avenue
(Lower Level)**

Everybody is welcome!

**For more information please call,
416-461-7739**

**OASIS ADDICTION RECOVERY SOCIETY
www.oasismovement.org**