

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 are held every

Tuesday and Thursday @ 2:30 p.m.

There are no costs and no registration is required

921 Danforth Avenue

(Lower Level)

Everybody is welcome!

For more information please call,

416-461-7739

OASIS ADDICTION RECOVERY SOCIETY

www.oasismovement.org