

# 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

**Wednesdays & Fridays 1:30 pm – 2:30 pm**

**Zoom Meeting ID: 934 9099 6955**

**Passcode: 352432**

**Dial in: 647 374 4685**

**Dial in: 647 558 0588**

**Everybody is welcome!**

For more information please call,

**416-461-7739**

**OASIS ADDICTION RECOVERY SOCIETY**

**[www.oasismovement.org](http://www.oasismovement.org)**