

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
- Behavior 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 IN-PERSON

Wednesdays and Fridays 1:30-2:30pm

Everybody is welcome!

For more information please call: 416-461-7739

OASIS ADDICTION RECOVERY SOCIETY

www.oasismovement.org