



DO YOU FEEL LIKE YOU COULD USE A LITTLE EXTRA SUPPORT?

Offered virtually,
Tuesday afternoons 4:30-6:30
June 23rd, 2020 – July 28th, 2020

Please contact intake
(705) 472-6515 ext. 246

Facilitated by
Shelley Batenchuk, BA, AMH
Community Counselling Centre
And
Jamie-Lynn Sluman-Brown, BA,
RSSW

Community Counselling Centre
**Deadline for enrollment is June
16th, 2020**

WOMEN'S RELAPSE PREVENTION

**HERE'S YOUR OPPORTUNITY TO MEET, DISCUSS,
PARTICIPATE, AND LEARN WITH OTHER WOMEN.**

- ❖ SHARING CIRCLES / PERSONAL GROWTH
- ❖ INDIGENOUS BASED LEARNING/ ACTIVITIES
- ❖ SELF- REFLECTION
- ❖ MINDFULNESS
- ❖ THE SEVEN GRANDFATHERS TEACHINGS
- ❖ POSITIVE COPING STRATEGIES
- ❖ PROBLEM SOLVING
- ❖ ASSERTIVENESS / EMPOWERMENT
- ❖ HEALTHY RELATIONSHIPS
- ❖ STRESS MANAGEMENT AND RELAXATION

A STRUCTURED RELAPSE PREVENTION PROGRAM FOR, BUT NOT LIMITED TO, ABORIGINAL WOMEN SEEKING SUPPORT WHILE ACTIVELY ABSTAINING FROM SUBSTANCE USE.