

# Relapse Prevention Group II

For people new to sobriety

Tuesdays—September 3 to October 24, 2019—10 a.m. to 12 p.m.

@ Mishomis Wellness Center 37390 N. Bradum Rd, Red Cliff

<i>Week One</i>	<i>Week Two</i>	<i>Week Three</i>	<i>Week Four</i>	<i>Week Five</i>	<i>Week Six</i>	<i>Week Seven</i>
<i>September 3, 10 to 12</i>	<i>September 10 10 to 12</i>	<i>September 17, 10 –12</i>	<i>September 23 10–12</i>	<i>September 30, 10–12</i>	<i>October 1 10 to 12</i>	<i>October 15 10 to 12</i>
<u>Personal Accountability</u>	Self Sabatoge	Defining & Developing	<i>Developing Accountability</i>	Support Systems	Boundaries	<u>Emotional</u>
ST/LT effects	Identifying	Trust	<i>Setting Goals</i>	Safe & Sober	Setting	<u>Sobriety</u>
On brain & CNS	Behaviors	<u>ACTIVITY</u>	<i>SMART Plan</i>	Environments	boundaries	<u>ACTIVITY</u>
&	that sabatoge	Trust walk	<u>ACTIVITY</u>	<u>ACTIVITY</u>	<u>Role playing</u>	<u>Meditation</u>
How it effects	Our	Reflection	<u>Creating</u>	Creating a	<u>ACTIVITY</u>	<u>Exercises</u>
Our recovery	Recovery	Journaling	<u>Smart plan</u>	Support	<u>Painting</u>	<u>Lavendar calendar</u>
efforts	<u>Efforts</u>		<u>Poster</u>	bracelet	<u>An</u>	<u>&amp; Salve</u>
<u>ACTIVITY</u>	<u>ACTIVITY</u>				<u>Image</u>	<u>Week Eight</u>
<u>Personal</u>	<u>Clay Project</u>				<u>Of</u>	<u>October 24</u>
<u>Vision Board</u>	<u>Wellness</u>				<u>boundaries</u>	<u>Graduation/feast Of</u>
						<u>Recovery Feast &amp;</u>
						<u>Graduation</u>

For more information or register for group,  
call Linda Dunbar, PSIT/Red Cliff AODA  
at the Mishomis Wellness Center  
Wellness Center at 715.779-3741 ex 2403

