



# Relapse Prevention 8 Week Program

**Tuesdays beginning January 8, 2019  
10 a.m. to 12 p.m.**

Mishomis Wellness Center  
37390 North Bradum Road, Red Cliff

## **RELAPSE PREVENTION PROGRAM INCLUDES:**

- Coping skills for triggers, cravings and situations that incite a desire to use
- A support system of others who can help you anticipate and prevent relapse
- Skills that prevent a momentary slip from becoming a full-blown return to substance abuse

## **For more information contact:**

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Red Cliff AODA Program