

**Community Withdrawal
Management Services
(CWMS)**

Date: Wednesdays

Time: 6:30 p.m.

Location:
245 Commercial St.
Unit B1
Milton, ON
L9T 1B8
(Group Room)

**For more information
please call:**
905-827-5320



**LIVE
LEARN
GROW**

Community Withdrawal
Management Services
(CWMS)

Weekly Drop-in Group

We CAN help

www.haltonadapt.org



The *Live Learn Grow* drop-in group is a supportive/educational group. In this group we will provide you with information to support your recovery needs as well as opportunity to discuss challenges and successes. Each individual is encouraged to participate as he/she feels comfortable.

Topics will include:

- Self Esteem
- Change & Readiness
- Nutrition
- Healthy Living
- Self Care
- Refusal Skills
- Social Supports
- Leisure & Boredom
- Healthy Relationships
- Budgeting
- Other topics based on group needs and interests

Group Guidelines

1. Trust in the group setting is based on each individual's respect for and commitment to the confidential nature of the group's interactions.
2. Please do not arrive to the group intoxicated or under the influence of other substances. Members may be asked to leave the group if the facilitator determines it is in the best interests of the group and/or the individual.
3. Each group member shares responsibility for making the group successful.
4. Please accept others in the group as they are, and refrain from making judgments.
5. Each individual has the right to speak and ask questions or to remain silent as he or she prefers.
6. Give supportive attention to the person who is speaking or asking questions and avoid side conversations.
7. Groups will start at the designated time - please arrive punctually for all meetings.

We CAN help