

## PHASE ONE

### Location (Please check):

- BURLINGTON: Wednesdays, 10:30am-12:00pm  
777 Guelph Line #214
- BURLINGTON: Thursdays, 6:30pm-8:00pm  
777 Guelph Line #214
- OAKVILLE: Wednesdays, 6:30pm-8:00pm  
165 Cross Ave
- MILTON: Thursdays, 6:30pm-8:00pm  
245 Commercial Street
- GEORGETOWN: Thursdays, 1:30pm-3:00pm  
211 Guelph Street

### Purpose:

The purpose of the Phase One Group is to provide information and support to people who are currently in the early stages of making changes to their substance use.

### Format:

The format of the group is a series of six psycho-educational sessions related to substance use, change and relevant lifestyle issues.

Presentations, discussions and handouts will be used to provide information.

### Basic Expectations:

- Substance free for 24 hours prior to group
- Honour group confidentiality
- Arrive on time and remain for the duration of the group
- Be an active participant and listener
- Be aware of your personal goals throughout the group process





## Topics Discussed:

### **Week A: How to Make Change**

Exploring decision-making, overcoming barriers and problem solving as it relates to recovery.

### **Week B: Making Changes**

Identifying high-risk situations, harmful habits, and coping strategies to overcome these challenges.

### **Week C: Relapse Prevention**

Exploring cravings, post-acute withdrawal, and developing a healthy lifestyle.

### **Week D: How Our Thoughts Impact Change**

Exploring the connection between our thoughts, emotions and behaviour. Identifying harmful thought patterns and negative self-talk.

### **Week E: Feelings and Change**

Learning how to be more aware of emotions, specifically anxiety and anger, and how to cope in a healthy way.

### **Week F: Communication**

Exploring how to create healthy boundaries to protect recovery, how to say no, and how to be assertive.

## Important:

- You may start the group at any point, provided there is space in the group.
- You are required to let your group facilitator know if you will be absent.

**ADAPT HALTON**

905-639-6537 ext.0

[www.haltonadapt.org](http://www.haltonadapt.org)

**You're not alone. We can help.**

