



17 th May	2-3.30pm	Medication in the Treatment of Drug and Alcohol Use
21 st May	10-11.30am	Coping with Depression
24 th May	2-3.30pm	Effects of Substance Misuse on the Brain and Relaxation
30 th May	10-11.30am	Coping with Bereavement (Guest Speaker from CRUSE) and Relaxation
31 st May	2-3.30pm	Group for those Affected by Another's Substance Misuse/Addictive Behaviour
11 th June	10-11.30am	Sleep Management and Relaxation
14 th June	2-3.30pm	Volunteering (Guest Speaker from CIRCA) and Relaxation
18 th June	10-11.30pm	Rehabilitation of Offenders Act
21 st June	2-3.30pm	Mindfulness and Relaxation
25 th June	10-11.30am	Awareness of Alcohol related impact on Children and Families
28 th June	2-3.30pm	Employment Advice, CV Writing and Relaxation
02 nd July	10-11.30am	What is CBT?
04 th July	2-3.30pm	Guided Meditation and Relaxation

**TELEPHONE
 627656**
 to reserve a place

PHYSICAL AND MENTAL HEALTH WELL-BEING

Detox/harm reduction | Repair, recover and self-nurture
 Blood-borne viruses | Overdose | Medication
 Mental Health | Nutrition | Improving physical well-being



REHABILITATION

SMART Recovery | Mindfulness | Relaxation | Relapse Prevention
 Cognitive Behavioural Therapy | Sustaining Recovery | Harm Reduction
 Motivational Group Work | Anxiety Management | Self-Esteem
 Confidence Building | Coping with Depression



FAMILY AND PARENTING

Protecting your children from substance misuse
 Increasing resilience in children
 Group for those affected by another's substance misuse/addictive behaviour



RECOVERY NETWORKS

Mutual aid groups (SMART) | Life Enhancing Activities
 Guest speakers
 Discussions/Get involved



IMPROVING LIFE OPPORTUNITIES

Understanding benefits/therapeutic earnings | Volunteering
 Employment advice and CV writing | Understanding of the Law -
 Rehabilitation of Offenders Act | Legal issues | Homelessness/housing
 Accommodation and tenants rights | Debt advice

