



Meaning/Spirituality

These workshops provide a language and framework to help clients understand (1) that addiction is a response to lack of personal meaning in life and (2) what a personally meaningful life looks like and how to achieve it.

Relationships

Research has shown that positive relationships are necessary for recovery because they are fundamental to living a meaningful life. These workshops help clients appreciate why relationships are so important and why they can do to improve them.

Drugs & Your Brain

The purpose of these workshops is to help clients appreciate that addiction has a physical basis in the brain. Topics include how different drugs affect the brain and the long-term consequences of substance use.

DBT

Dialectical Behaviour Therapy (DBT) is a mindfulness based cognitive behavioural therapy. DBT helps a person to learn and develop skills to manage difficult emotions that get in the way of making sound, safe, and effective decisions. If interested, clients may request one-on-one opportunities to complement the workshops.

Post-Treatment Planning

The Post Treatment Planning Workshop is an opportunity to discuss the challenges of life after treatment and the importance and practicalities of creating a solid plan. Topics include: Risk and Protective Factors, Lifestyle Balance, Managing Stress, Utilizing Strengths, Relapse Prevention and Emergency Planning. Each workshop offers information, discussion, and opportunities to work on aspects of your post treatment plan. Clients will also have two one-on-one sessions to focus on their plan with support.

Hero's Journey

The Hero's Journey is a deep dive into a specific topic each week. From healthy and unhealthy anger to the misuse of sexuality as a distraction to beating our inner critic and how to process grief, we explore what truly matters in our lives and relationships in an emotionally connected, grounded way. Bring forth the hero in you and you'll fit right in!