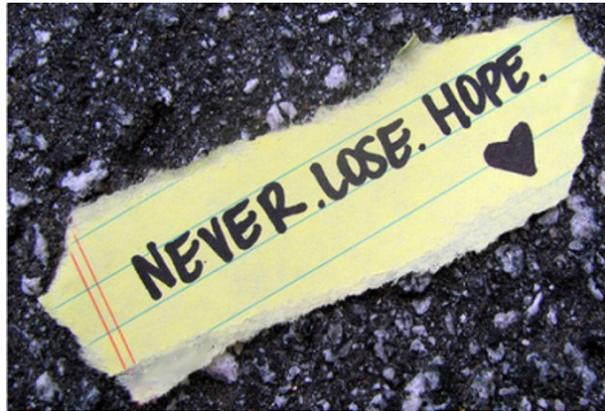


This group provides education and support for individuals who have decided to stop using alcohol or another drug in order to help them deal with cravings and urges, strengthen their self-control, increase their stress management and coping skills, and prevent relapse into a return to using.

Recovery is Possible...



Directions From Hwy 1:

Take Exit 58 (200th St. South) continue for 10 km. Turn Left on 40th Ave. We are located approximately 2 blocks on your left in Belmont Centre (next door to Ocean Park Pizza). There are a few entrances; use the entrance at the front end of the building closest to 40th Ave. We are in Suite #107.

Relapse Prevention

(18+ years & older)

COST: \$350 (plus tax)

Early Bird rate: \$275 (plus tax)
(if registered by April 7, 2014)

Cancellation Policy: If you cancel with less than 1 weeks notice, you forfeit the full cost of the workshop. There will be no refunds after April 7, 2014.

Admin Fee for Cancellations: \$40

Call now to register: 778-278-3411
Space is limited.



**BROOKSWOOD
COUNSELLING**

#107 20103 40th Avenue

Langley, BC V3A 2W3

Telephone: 778-278-3411

www.brookswoodcounselling.com

Relapse Prevention

(18+ years & older)



8-Week Group

Monday Evenings: 5:30-7:20 pm

April 14, 28

May 12, 26

June 2, 9, 16, 23

Call now to register: 778-278-3411
Space is limited.

Facilitators



Dr. Rob Bedi is a BC Registered Psychologist who works with Chuck Jung Associates, a private counselling practice in Surrey, BC. He is also an Associate Professor of Psychology at Western Washington University in Bellingham, WA. where he primarily teaches and conducts research in the areas of counselling and abnormal psychology and supervises counselling students. Currently, Dr. Bedi is the Chair-elect of the Counselling Psychology Section of the Canadian Psychological Association. He completed his Ph.D. in Counselling Psychology from the University of BC in 2005 and then spent one year in a post-doctoral residency in Chemical Dependency Services and the Department of Psychiatry at Kaiser Permanente Medical Center in San Rafael, CA.



Brittany Hoffmann is currently completing her Masters of Arts in Counselling Psychology at Trinity Western University, and is working as an intern at Brookwood Counselling Services. Brittany enjoys working with a large range of clients around issues involving anxiety, depression, trauma, disassociation, self-esteem, self-harm, relationships, and addictions. She enjoys working with clients one on one, as well as in a group setting. Brittany will be graduating from her Masters program at the end of July.

What We Will Be Covering

The following topics will be discussed, along with exercises and homework to build skills in these areas:

- Why is it so hard to quit
- When does substance use become a problem
- What is a lapse/relapse
- Pros and Cons of substance use
- Managing cravings and urges
- Stress Management
- Relaxation training and other coping skills
- Identifying triggers to relapse
- How to interrupt a slip-up
- Creating a healthy lifestyle
- Goal setting for lifestyle balance and life improvement

“Is it confidential?”

Yes. Group members will be expected to keep all information about the group and its members confidential in order to build trust and create a safe place to explore issues.

“Is the group right for me?”

Interested individuals can call Brookwood Counselling Services at : 778-278-3411 to identify availability for the next group date and time. If the set time is a match with your schedule, we will set up an initial free interview with a group counsellor.

During the interview we will discuss your interest in the group, level of commitment, past therapy or group experience, what has led you to your interest in the group, and what you hope to offer to and gain from the group.

If, mutually, you and the group counsellor determine the group is a fit for your current needs and interests, the counsellor will inform you of your start date for the group or place you on a waitlist for the next available opening.