



FREE ADMISSION

Relapse Prevention

EVERY WEDNESDAY
AT 12:00PM



GROUP RUNS ONLINE VIA ZOOM
MIDDLE OF THE DAY, MIDDLE OF THE WEEK



JUST SCAN THE
QR CODE AND
COMPLETE THE
FORM



What is Relapse Prevention?



Relapse prevention groups are supportive meetings designed to empower people to manage ongoing recovery and avoid going back to unhealthy habits.

In these groups, participants together with facilitators discuss scenarios and work through activities aimed at helping develop strategies to stay on track and prevent lapses or relapses.

You will learn:



New Coping Skills

You will learn strategies to replace previous negative ways of coping with positive ones



Identify Risks

Recognize and respond to risky situations that could lead to setbacks.



New methods

Find positive methods to deal with urges, stress, and boredom.

Relapse prevention groups offer a wonderful opportunity to gain new skills for your recovery journey, or refresh old ones. It is a safe space where you can share your experiences to get support from your peers, or to support others who are going through similar challenges.

Everyone is welcome in our Relapse Prevention groups. If you're interested, scan the QR code to fill out a short form and wait for an email from our team.

If you have any questions or doubts, feel free to send an email to pathwayscentral@salvationarmy.org.au.

We're looking forward to having you join our sessions soon!