



REDEMPTION

untangling addiction by cultivating a calm and clear mind. Discovering a richer and more fulfilling way of living.

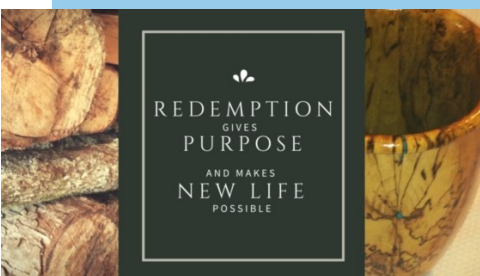
To register, or for more information, call 519-397-5455 ext. 134

Dates to be determined.

Where:

Chatham-Kent Community Health Centres
150 Richmond St.
Chatham

Registration Required
15 Seats Available
Please call to put your name on our



Chatham-Kent Community Health Centres
Centres de santé
Communautaire de Chatham-Kent

FREE 10-week Mindfulness-Based Addiction Relapse Prevention Program

Facilitated by Centre For Mindfulness Studies,
University of Toronto trained instructor

"mindfulness means paying attention in a particular way; on purpose, in the present moment, and non judgmentally." Jon Kabat-Zinn

Will Assist With:

- Mindfulness through meditation in daily Life and High-Risk Situations
- Vicious Cycle of Addiction, Triggers and Cravings
- Thoughts, Emotions, Actions
- Exploring Values, Compassion and Gratitude
- Acceptance and Skillful Action
- Self-Care and Lifestyle Balance
- Social Support and Continuing Practice

Beneficial for individuals who have undergone some form of addiction treatment and are seeking to sustain ongoing recovery.

