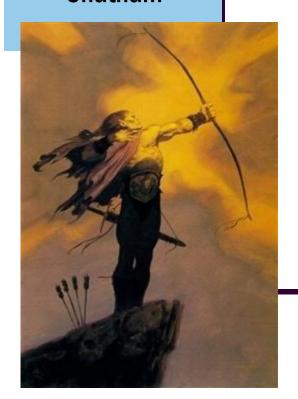
To register, or for more information, contact (519) 397-5455 ext. 1

When: Thursdays (beginning May 25th)

Time: 1:30-3:30

Where:

Chatham-Kent
Community
Health Centres
150 Richmond
Street.
Chatham



## **Bundle of Arrows**

For men seeking strength in unity, on a path to addiction recovery.

FREE 10 week Relapse Prevention program for men (18 yrs old+)

Based on CAMH's Structured Relapse Prevention Program by Marilyn A. Herie and Lyn Watkin-Merek

## <u>Topics include :</u>

Problem Solving
Grief & Loss
Relaxation & Coping Techniques
Anger and Addiction
Socializing Substance Free
Healthy Lifestyles & Relationships
Developing a Recovery Plan

Registration Required. Limited seats available.

