

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*

Topics include :

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.**



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