

The Programme looks at areas that will support you to build a lifestyle that promotes health and well being, building support networks, and integration into the community. The Programme includes:

Assertiveness

Dealing with Anger

Personal Motivation

Healthy Relationships

Trust

Influences

Boundaries

Dealing with Feelings

Vulnerability

Keeping Yourself Safe

Being in Groups

Contact group facilitators on:
01803 604330 or
01803 291129
Monday—Friday 9am—5pm



This document can be made available in other languages and formats. For more information telephone 01803 219700



www.tsdhc.nhs.uk



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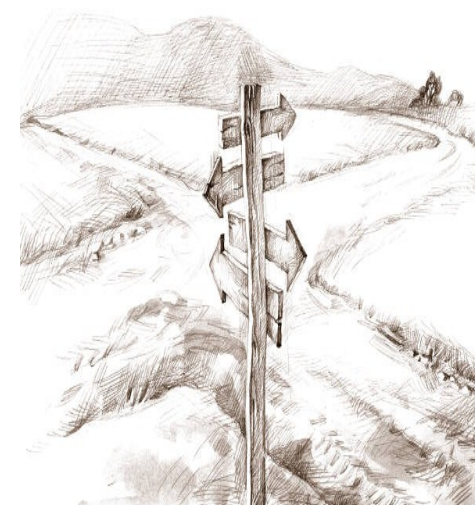
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Partners in Care

Community Recovery Programme



All Sessions Held at

Shrublands House,
Morgan Avenue,
Torquay,
TQ2 5RS

Which Road Will You Choose ?

What is the Community Recovery Programme

This is a rolling programme comprising of three sessions per week, each lasting 2 hours .

When and Where?

Monday 10.00 am—12.00 pm

Friday 10.00 pm— 12.00 pm

All Sessions are held at:

Shrublands House
Morgan Avenue
Torquay
TQ2 5RS

The programme covers in detail behavioural and emotional lifestyle changes that will support an individualised recovery from substance misuse..



Alongside the group you will have a Recovery Coordinator who will support you in your recovery.

Expectations of Group

A group contract will be discussed with you at your first session.

Between sessions preparatory work will be given

