

This group will be held at Walnut Lodge.

Monday

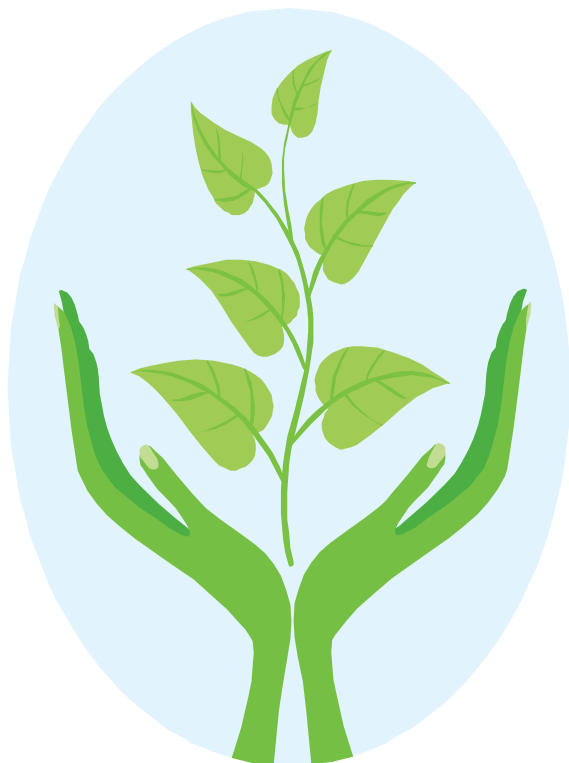
10.30am—12 noon

Tuesday

2.00 pm — 3.30 pm

Thursday

2.00 pm—3.30 pm



If you have any questions regarding this group you can contact:

Group Facilitator:

01803 604330

Monday— Friday
9.00 am—5.00 pm



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



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Partners in Care

25243 V2/Community/TSDFT/10.16/Review Date 10.18

Focus on Recovery Groups

Individuals can achieve a greater level of self-awareness through the process of interacting with others in groups.



Torbay Drug & Alcohol Service
Walnut Lodge
Walnut Road
Chelston, Torquay
TQ2 6HP

Tel: 01803 604330
Fax: 01803 604359

Working with you, for you

Focus on Recovery

The aim of this group is to look at supporting you with common issues that can exist alongside your substance misuse, which are often crucial to your recovery. It combines behavioural skills training, cognitive interventions and lifestyle changes, with the emphasis on self-management and is aimed at enhancing self-efficacy, change and motivation.

Anxiety

This session aims to increase your awareness on what anxiety is, how it can impact on your recovery and how it links to your thoughts, feelings and behaviours.

Depression

The aim of this session is to explore how depression affects you individually and why thinking is important, how our thoughts affect how we feel and how we behave. Discussing the links between thoughts, feelings and behaviours.

Problem Solving

The aim of this session is to support your recovery building self-efficacy, the session will look at problem solving skills and building on your relapse prevention strategies.

Self Esteem

This session looks at our self-image and self-acceptance, understanding the effect low self-esteem has on our emotions and how you can increase your self-esteem.

Anger

This sessions aims to support you to become more aware of your physical cues and emotional responses to anger and frustration and discuss strategies for self-regulation.

Effective Communication

The aim of this session is to identify different forms of communication styles and how you can use them to set clear boundaries and take control of your life.

Relapse Prevention/Dealing with Cravings

This session looks at dealing with cravings, types of cravings, recognizing high risk situations and instigating relapse prevention strategies.

The recognition of shared experiences and feelings serves to remove isolation and raises self-esteem.

You may attend all 7 sessions, or just the ones you agree with your recovery worker and groupwork facilitator

Group

Work

Works