



Group starts Thursday the 7<sup>th</sup> of November 2019

Group will run for 7 weeks in FAST

1 session weekly, 10.30 am - 12.30 pm

(Week 7: Monday @ 2.30 pm – 4.30 pm & Thursday @ 10.30 am – 12.30pm)

#### Goals:

- Learn how to reduce and/or stop your drug or alcohol use
- Create a self-awareness that will help you understand your drug/alcohol use
- Learn how to control impulses to use and make positive changes to your life