

**SERIES 1: UNDERSTANDING OURSELVES**



The experience of distress and /or addiction is overwhelming and it helps our recovery if we can begin to understand it in a positive way. These four foundation workshops focus on distress, addiction and recovery. We explore our own experiences of distress and/or addiction and recovery, how others respond, and how we can retell our own story to ourselves in ways that will enhance our recovery and wellbeing.



**Understanding Our Distress**

- What responses help or don't help us.
- Different ways of responding to distress.
- Different ways of naming and understanding distress.



**Understanding Our Alcohol and Drug Use**

- Turning lapse into learning.
- Taking control by choice.
- Why we use alcohol or drugs, and the consequences of use.



**Leading Our Recovery**

- What recovery means.
- The process of recovery.
- Our own and other people's experiences of recovery.



**Exploring Our Stories**

- The importance of stories.
- The hero's journey.
- Our own and others' stories of distress and recovery.

**This is a four session course that runs from the 12<sup>th</sup> of February every Friday until the 5<sup>th</sup> of March, 9.00am-12.00pm, Health Action Trust 86 Selwyn place Nelson- Upstairs. Please note there is a requirement that you attend all four sessions. Please contact Marina or Sophie on 0800 212 798 or 548 2798 ext 6 to book your spot or for further info. Spaces are limited.**