

Drop-In Seniors Recovery Program

Offered free of charge

by Seaview Alcohol & Drug Services
"S.T.R.I.V.E." Program

(In Partnership with the Seniors' Peer Counsellors Program)

- **Would you like to have a healthier life-style?**
- **Are you a senior with an addiction problem?**
- **Do you know someone else who has a problem?**
- **Do you know about the side-effects of prescription drugs?**
- **Are you interested in learning more about addictions and recovery?**

If you can answer "yes" to any of those questions, you could benefit from our drop-in groups.

The program is an educational lecture and discussion series presented in a friendly atmosphere. These groups were designed to provide people with basic knowledge of addictions and life-skills for recovery.

When?

Each Friday there will be 4 separate one hour lectures between 11 a.m. and 4:30 p.m. These are open drop-in groups. No commitment is necessary.

Where?

The groups are held at North Shore Neighborhood House (225 East 2nd Street North Vancouver).

How do I sign up?

These groups are open to the public and professionals hoping to learn more about addictions and seniors issues. Just show up for the groups you would like to attend. All clients participating must be 55yrs old or over and sober when they attend the groups.

For more information call: "Geriatric Counsellors" Sharon or Doug 926-9260

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Note : There will be a break from 1:30-2:00.
 Lunch is not provided.

Dates	11:00-12:00	12:15-1:30	2:00-3:00	3:15-4:30
March 31, 2000.	Understanding Addiction	Understanding Feelings	Dealing with Anger	What is Trauma? How do we Heal?
April 7, 2000.	Addiction Pattern Analysis	Recovery as a Process	Dealing with Stress	Relaxation Techniques
April 14, 2000.	Prescription Medications	Relapse Prevention Skills	Power Struggles & Addiction	Writing to Heal
April 21, 2000.	Personality Factors	Elements for Change	Dealing with Depression	Healing with Colour & Music
April 28, 2000.	Family Dynamics	Fulfilling Life Tasks	Communication Skills	Drawing to Heal
May 5.	Utilizing your Strengths	Treatment Options	Senior's Unique Struggles	Journaling & Affirmations

*****These groups are open to the public and professionals who would like to learn more about addiction issues and senior's unique struggles.**

Yes we can!



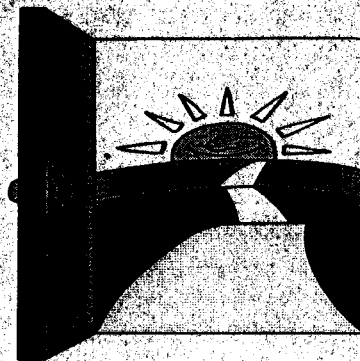
A new support group for those who are misusing substances and or struggling with addiction and or addictive behavior.

When!

Starting off every Tuesday afternoon from 3:00 to 5:00 pm. Starting March 14th in Seaview's group room. All ages are welcomed, refreshments provided.

What you can expect!

- professional & peer support
- experiential, process & group work
- education
- learn about making healthier choices
- referrals



Where!

*Seaview Alcohol & Drug Services
West Community Health Center
2nd Floor - 990 - 22nd Street
West Vancouver.*

For more Info!



926-9260