

Sessions take place the first 3 Tuesdays of the month.

There is no sessions on the 4th or 5th Tuesday of the month.

APRIL 2018

Tuesday, April 10, 2018	Addiction and Recovery
Tuesday, April 17, 2018	Relapse Prevention & Tools for Recovery
Tuesday, April 24, 2018	Co-existing Addiction and Mental Health

MAY 2018

Tuesday, May 1, 2018	Healthy Living
Tuesday, May 8, 2018	Coping Skills
Tuesday, May 15, 2018	Self-Esteem & Relationships

JUNE 2018

Tuesday, June 5, 2018	Addiction and Recovery
Tuesday, June 12, 2018	Relapse Prevention & Tools for Recovery
Tuesday, June 19, 2018	Co-existing Addiction and Mental Health

JULY 2018

Tuesday, July 3, 2018	Healthy Living
Tuesday, July 10, 2018	Coping Skills
Tuesday, July 17, 2018	Self-Esteem & Relationships



Adult Community Services
Addiction and Mental Health
St. Albert

'STEP UP'

- Drop-in
- Psycho-educational, support series
- 6 rotating topics on addiction and mental health issues

Tuesday

(First 3 Tuesday of the month)

1:00 PM to 2:30 PM

@

Provincial Building

30 Sir Winston Churchill Avenue
St. Albert, AB, T8N 3A3

For more information please
contact us at
780-342-1410

Topics

1. *Addiction and Recovery*
2. *Relapse Prevention & Tools for recovery*
3. *Co-existing Addiction & Mental Health concerns*
4. *Healthy Living*
5. *Coping Skills*
6. *Self Esteem & Relationships*



Step Up

is a psycho educational open support series for individuals with Addiction and Mental Health concerns. It provides a timely response and intervention option for those seeking Addiction and Mental Health services.

Individuals can choose to attend all, or selective topics that are meaningful to them. The potential benefits are increased self-awareness, reduction in symptoms, new ways of thinking and improvement in day to day functioning.

Addiction and Mental Health concerns can impact an individuals' life when it becomes problematic and it interferes with day-to-day activities. This can put a strain on relationships, hinder work performance and reduce level of functioning overall

Step Up

provides an opportunity to understand about one's challenges impacting their lives and steps in how to begin the recovery process with the understanding that recovery is a personal journey. This forum provides an opportunity for individuals to share, as well as learn recovery concepts and strategies.

Admission Criteria

- 17+ years old
- Internal and External referrals accepted
- Encouraged to complete a brief screening prior to attending
- Clean and sober on the day of the session

Family members and/or significant others who have loved ones that are struggling with Addiction and Mental Health concerns are also welcome. They may benefit by increased understanding of Addiction and Mental Health as well as strategies to support loved ones who are struggling.