

# Family & Friends of Recovery: A Learning Group

This group offers a space for family & friends of a loved one who is experiencing challenges with substance use and/or is in recovery. This is a learning-based group that will cover 6 different topics related to supporting loved ones with a substance use concern. The hour-long, online sessions will entail learning about recovery, discussing skills related to supporting loved ones, and structured discussion questions.

**The Learning Group takes place the 2nd Thursday of each month from 6:00-pm-7:00pm via Zoom.**

- Topic 1:** Exploring the "Whys" of Addiction
- Topic 2:** Understanding the Stages of Change
- Topic 3:** Body & Brain in Addiction
- Topic 4:** Communication & Boundaries
- Topic 5:** Caring for Self
- Topic 6:** Learning about Recovery Goals

*Please note that these sessions are "drop-in" and can be attended in any order. You can attend as few or as many sessions as you like.*

## How to Sign Up

### Step 1: Complete our online intake form

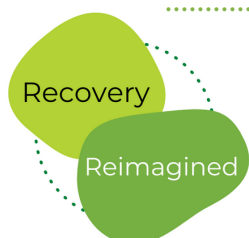
Our intake form is hosted online and takes approximately 2 minutes to complete. This form can be completed on a phone, tablet, or computer.

Intake Form Link: <https://forms.gle/s8vWKx9Ay2TJGHni8>

### Step 2: Reserve a spot in an upcoming session

Participants are required to reserve a spot for each learning group that you plan to attend. You can access the reservation page via link below.

Reservation Link: [www.calendly.com/RecoveryReimagined](http://www.calendly.com/RecoveryReimagined)



**RAPID ACCESS ADDICTION  
MEDICINE (RAAM) CLINIC**

**Phone:** 416-786-4168

**Website:**  
[www.tehn.ca/RecoveryReimagined](http://www.tehn.ca/RecoveryReimagined)