

# CRACKBUSTERS

Is Crack Cocaine controlling your life?

Would you like to change how things are?

Would you like help in overcoming the Cycle of Addiction?

Break free from the Chains of Addiction



## Telephone Numbers

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The Tree of Peace Friendship Centre

PO Box 2667  
Yellowknife, NT  
X1A 2P9

topfcommunitywellnessmanager@gmail.com  
867-873-2864

The Tree of Peace Friendship Centre



## CRACKBUSTERS

ARE YOU FEELING HOOKED?

Thursdays  
6:30 p.m.

Community Wellness Program

867-873-2864

# *The Tree of Peace Friendship Centre Presents:* **CRACKBUSTERS**



- Are you feeling hooked?
- Is COCAINE controlling your life?
- Are you ready to change?

CRACKBUSTERS offers an alternative if you are prepared to embrace the idea that change can happen.

CRACKBUSTERS is a facilitated group designed to help the Cocaine addicted person confront their disease in a supportive environment.

The facilitators believe that change is a process, and that the challenges faced by people who are trying to change are real.

CRACKBUSTERS facilitators are trained and certified addiction counselors.

More than 20 years of research has shown that addiction is clearly treatable. Addiction treatment has been effective in reducing drug use and HIV infection, diminishing the health and social costs that result from addiction, and decreasing criminal behaviour. The National Institute on Drug Abuse (NIDA), which supports more than 85 percent of the world's research on drug abuse and addiction, has found that behavioural approaches can be very effective in treating cocaine addiction.

Treatment is accomplished in many ways (inpatient – outpatient) and the benefits to society are easily identified.



There is a very high relapse rate amongst Crack Cocaine abusers and there is evidence that people involved in outpatient treatment have a greater chance to address the issues that contribute to relapse. A typical participant in the CRACKBUSTERS group will be exposed to a variety of therapeutic tools. Of the many forms of therapeutic alliance expressed or implied there will be discussion of:

- Experiences
- Cognitive Behaviour Therapy
- Stages of Change
- Rational Emotive Behavioural Therapy
- 12 Step Groups

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