

# LIVING IN BALANCE—MARCH 2014

“MOVING FROM A LIFE OF ADDICTION TO A LIFE OF RECOVERY”  
 FREE OF CHARGE—STARTS AT 1:30PM MONDAY TO FRIDAY—CLOSED HOLIDAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Road Map for Recovery	4 Nutrition and Exercise #17	5 Physical Wellness #18	6 Problem Solving #19	7 Attitudes and Beliefs #20	8
9	10 Five Common Problems in Early Recovery	11 Human needs and Social Relationships #21	12 Family Matters #22	13 You and Your Parents #23	14 Child Development and Parenting Skills #24	15
16	17 Thoughts, Emotions, Behavior	18 Educational and Vocational Goals #25	19 Money Management #26	20 Insurance and Consumer Credit #27	21 Sexual Abuse #28	22
23 30	24 Addictive Behavior 31 Alcohol the Legal Drug	25 Compulsive Sexual Behavior #29	26 Addiction and Loss #30	27 Grief Responding to Loss #31	28 Spirituality and Personality #32	29

THE TREE OF PEACE FRIENDSHIP CENTRE

5011-51 Street, P.O.  
 Box 2667  
 Yellowknife, NT

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# LIVING IN BALANCE—APRIL 2014

“MOVING FROM A LIFE OF ADDICTION TO A LIFE OF RECOVERY”  
 FREE OF CHARGE—STARTS AT 1:30PM MONDAY TO FRIDAY—CLOSED HOLIDAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Beat the Street Street Smarts	2 Relapse Prevention Part 2 #33	3 Definitions/Terms #1	4 Native Health Understanding Diabetes	5
6	7 Matrix Relapse/Drift and Mooring lines	8 Beat the Street Back on the block	9 Alcohol and Other Drug education #2	10 Triggers Cravings Avoid Relapse #3	11 Native Health Managing Diabetes	12
13	14 Work and Recovery	15 Beat the Street Recovering Relationships	16 Planning for Sobriety #4	17 Alcohol and Tobacco #5	18 Native Health Keep Heart Healthy	19
20	21 Guilt and Shame	22 Beat the Street Catchin' Feelings	23 Spirituality #6	24 Sex Drugs and Alcohol #7	25 Native Health Freedom from Alcohol	26
27	28 Motivation for Recovery/ Keeping Busy	29 Beat the Street Making it Happen	30 Stress Emotional Well Being #8			

THE TREE OF PEACE FRIENDSHIP CENTRE

Primary Business Address      Phone: (867) 873-2864  
 Your Address Line 2              Fax: (867) 873-5185  
 Your Address Line 3  
 Your Address Line 4

