



## Day Program Schedule Saskatoon MACSI Centre

<b>Week 1 July 20-24: Addiction Basics</b>	<b>Topic Area:</b>
<b>Day 1</b>	Sharing Circle, <i>What is Addiction</i> HBO video (approx. 20 min), 4 C's of Addiction.
<b>Day 2</b>	Sharing Circle, The Chronic Condition of Addiction.
<b>Day 3</b>	Sharing, Circle, <i>Through a Blue Lens</i> video (approx. 50 min) and Discussion.
<b>Day 4</b>	Sharing Circle, <i>Tears for April</i> video (approx. 50 min) and Discussion.
<b>Day 5</b>	Community Resource-
<b>Week 2 July 27-31: Relapse Prevention</b>	
<b>Day 1</b>	Sharing Circle, Relapse Prevention.
<b>Day 2</b>	Sharing Circle, Triggers and Cravings Management.
<b>Day 3</b>	Sharing Circle, Post-acute withdrawal.
<b>Day 4</b>	Sharing Circle, Harm Reduction, Support Systems.
<b>Day 5</b>	Community Resource-.
<b>Week 3 August 3-7: Grief and Trauma</b>	
<b>Day 1</b>	Sharing Circle, Introduction to Grief, <i>Humor in Treatment</i> Disc 1 (approx.. 35 min).
<b>Day 2</b>	Sharing Circle, Grief Letters, <i>Humor in Treatment</i> Disc 2 (approx. 35 min).
<b>Day 3</b>	Sharing Circle, Trauma.
<b>Day 4</b>	Sharing Circle, Forgiveness, <i>Humor in Treatment</i> Disc 3 (approx. 35 min)
<b>Day 5</b>	Community Resource-St John Ambulance Therapy Dog Program.
<b>Week 4 August 10-14: Relationships</b>	
<b>Day 1</b>	Sharing Circle, Relationships, Codependency.
<b>Day 2</b>	Sharing Circle, Boundaries.
<b>Day 3</b>	Sharing Circle, Assets and Defects, The Drama



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	Triangle.
<b>Day 4</b>	Sharing Circle, Communication, Family Roles.
<b>Day 5</b>	Community Resource-
<b>Week 5 August 17-21: Social Learning and Culture</b>	
<b>Day 1</b>	Sharing Circle, Social Learning.
<b>Day 2</b>	Sharing Circle, <i>How has Aboriginal Culture Helped: Elder Betty McKenna</i> (approx. 13 min), Seven Sacred Teachings.
<b>Day 3</b>	Sharing Circle, Tipi Teachings, Tipi Construction exercise.
<b>Day 4</b>	Sharing Circle, <i>How has Aboriginal Culture Helped: Aboriginal Culture Journey to Recovery</i> (approx. 8 min), Spirituality.
<b>Day 5</b>	Community Resource-
<b>Week 6 August 24-28: Thought and Emotion Regulation</b>	
<b>Day 1</b>	Sharing Circle, Defense Mechanisms, Denial.
<b>Day 2</b>	Sharing Circle, Anger, Behavioural Reactions.
<b>Day 3</b>	Sharing Circle, Stress and Stress Management.
<b>Day 4</b>	Sharing Circle, Self-esteem.
<b>Day 5</b>	Community Resource.