



Saskatoon Day Program Schedule

Week 1 Nov 7-11: Addiction Basics	Topic Area:
Day 1	Sharing Circle, <i>What is Addiction</i> HBO video (approx. 20 min), 4 C's of Addiction.
Day 2	Sharing Circle, The Chronic Condition of Addiction.
Day 3	Sharing, Circle, Grief in Recovery.
Day 4	Sharing Circle, Addiction Documentary Day.
Day 5	Sharing Circle, Community Resource.
Week 2 Nov 14-18: Relapse Prevention	
Day 1	Sharing Circle, Relapse Prevention.
Day 2	Sharing Circle, Triggers and Cravings Management.
Day 3	Sharing Circle, Post-acute withdrawal.
Day 4	Sharing Circle, Harm Reduction, Support Systems.
Day 5	Sharing Circle, Community Resource.
Week 3 Nov 21-25: Recovery Skills	
Day 1	Sharing Circle, Communication, <i>Lateral Violence</i> video (approx. 20 min).
Day 2	Sharing Circle, Boundaries.
Day 3	Sharing Circle, Conflict Resolution.
Day 4	Sharing Circle, Finding Balance in Recovery.
Day 5	Sharing Circle, Community Resource.
Week 4 Nov 28-Dec 2: Relationships	
Day 1	Sharing Circle, Relationships.
Day 2	Sharing Circle, Codependency.
Day 3	Sharing Circle, Assets and Defects,
Day 4	Sharing Circle, Family Roles, The Drama Triangle.
Day 5	Sharing Circle, Community Resource.

Week 5 Dec 5-Dec 9: Social Learning and Culture	
Day 1	Sharing Circle, Social Learning.
Day 2	Sharing Circle, <i>How has Aboriginal Culture Helped: Elder Betty McKenna</i> (approx. 13 min), Seven Sacred Teachings, Tipi Teachings.
Day 3	Sharing Circle, <i>How has Aboriginal Culture Helped: Aboriginal Culture Journey to Recovery</i> (approx. 8 min), Spirituality.
Day 4	Sharing Circle, Forgiveness.
Day 5	Sharing Circle, Community Resource.
Week 6 Dec 12-Dec 16: Thought and Emotion Regulation	
Day 1	Sharing Circle, Defense Mechanisms, Denial.
Day 2	Sharing Circle, Anger, Behavioural Reactions.
Day 3	Sharing Circle, Stress and Stress Management.
Day 4	Sharing Circle, Self-esteem.
Day 5	Sharing Circle, Community Resource.