



Day Program Certificate

Tracking Form

Topic

WEEK 1: Addiction Basics

4 Cs of Addiction

Post- Acute Withdrawal Syndrome (PAWS)

Triggers & Craving Management

WEEK 2: Life Skills

Communication

Conflict resolution

Boundaries

WEEK 3: Relationships

Relationships

Codependency

Family Roles & Drama Triangle

WEEK 4: Social Learning & Culture

Social Learning & Balance in recovery

Spirituality & 7 Sacred Teachings

Harm Reduction & Support Systems

WEEK 5: Thought and Emotion Regulation

Anger & Behavioural Reactions

Stress & Stress Management

Self Esteem

In order to obtain a certificate of completion, clients must attend AND participate in all 15 classes