



TASHA Foundation



# Aftercare Support Groups

## Art Group (Wed 12.00-2.00pm)

This group aims to look at:

- Enhancing imaginative skills
- Creative abilities
- Social skills

## Course Search Surgery (Thurs 12.00-1.00pm)

This workshop aims to support those who:

- Want to study a course and gain a qualification
- Want to start a new career and retrain
- Want advice with accredited work

## Carer Support (Wed 5.00-6.30pm) Friends and Family Support (6.00-8.00pm) 1<sup>st</sup> and 2<sup>nd</sup> Wed of every month

These groups aim to provide:

- Support for parents and carers
- Information on carers rights and the law
- Coping skills and techniques

## Relapse Prevention (Mon 2.00-3.30pm)

This group aims to provide:

- Skills to maintain recovery
- Identification of triggers for relapse
- Management for discomfort of cravings
- A wider understanding of addictions

## Housing Workshop (Tues 2.30-3.30pm) 3<sup>rd</sup> Tuesday of every month

This aims to provide:

- Budgeting skills
- Savings schemes reviews
- Maintaining and retaining your home

## Relaxation (Tues 1.00-2.00pm)

This group aims to provide:

- Relaxation through guided meditation
- Relaxation of the mind and body
- A reduction of stress levels

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