

## Past client information

Graduated clients please remember that we want to hear from you please remember to contact us every three (3) months from your Graduation. You can always join us for a 3 week refresher program just contact your counsellor.

1 month       3 months       6 months       1 year

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### Relapse Prevention:

Hello and Welcome. The Ktunaxa/Kinbasket Wellness Centre would like to acknowledge you for the strength and courage that you have on your healing journey. This time that you are taking now to review this section on Relapse Prevention indicates how important your sobriety and well being are. Keep on striving for what you deserve which is a healthy balanced life. Relapse Prevention is a life-long commitment and it is important for you to take inventory of yourself to ensure that you are living a healthy balance lifestyle. Remember that “Healing is a Journey, not a Destination”

While you were at KKWC you experience a holistic approach to healing with the focus on living a balanced lifestyle. You need to take the opportunity to examine your feelings and old belief systems and determine how you can maximize the teachings to benefit your choice of lifestyle.

You participated in many group sessions, individual counselling, lectures, cultural, spiritual, A.A. programs and exercises; all designed to assist you in your overall healing journey. You have the insight and knowledge now to know what you need to keep your life on the healing journey. Challenge yourself to participate to the best of your ability to keep yourself open to new processes. Setting goals and making commitments to attend A.A. meetings, counselling services, support groups, sweat lodge, and traditional/cultural ceremonies is very essential to your continued sobriety. It is important to do your utmost to achieve these goals. Healthy alternatives to old patterns will be up to you. Challenge yourself to take the steps to reach out for help. There are many people and resources out there to assist you. You are not alone.

To ask for help is not a sign of weakness, but rather to acknowledge your limits in order to develop your true potential and spirituality. Take the time to seriously reflect on what is important in your life. Balancing family, home, education, career and self-care takes

careful planning. The demands and stresses of the day to day living can at times be trying, but with the knowledge you have acquired and the resources in your community you can achieve the healthy balanced lifestyle you deserve. Before leaving KKWC you designed your aftercare and your primary counsellor gave you their recommendations for you to continue on your healing journey. What changes if any have you identified as necessary for you to make, in order to attain balance in your life. (physically, mentally, emotionally and spiritually)? Further questions you may want to ponder.

- How do I see myself building and maintaining balance and harmony in my personal life, in my job, education, family and community?
- Where are my predetermined goals at and do they need to be revised?
- Am I seeking out assistance e.g. counselling, therapist, Elders, A.A. meetings, support groups etc.?

This journey that you have chosen will lead you to a life with love, happiness and fulfillment. There are many people walking this road to sobriety and they have to work hard at it one day at a time. We can only embrace life and live each day to the fullest!

KKWC encourages, supports and wishes you well on your healing journey. Please contact us for any further assistance.