

# Pathways to Recovery

10 Week Outpatient Addictions Treatment Program



## In Person

Wednesdays

May 27 – Aug 5

(No group July 1)

2 pm to 3:30 pm

**Rossburn Medical Clinic  
Conference Room  
Rossburn, MB**

- Transportation contact –  
NNADAP – 204-859-2282



## CONTACT US

Contact Christine for further information or to complete an intake:

204-859-4000

## Program Topics...

- Basics of Addiction
- Attachment and Codependency
- Painful Emotions
- Boundaries
- Coping
- Distress Tolerance
- Balanced Living
- Making Amends

**Walk-ins welcome.**

