



Staying Sober, Preventing Relapse

with Jay Stackhouse

March 22-24, 2019

Friday

- 5:30 PM Dinner at the Renewal Center
- 7:00-9:00 Definition of relapse and emotional responsibility in the relapse process

Saturday

- 9:00-12:00 Introduction to the emotional behavioral model of relapse Creating individualized warning sign list
- 2:00-4:30 Core beliefs and handling anger and fear Handling risky situations

Sunday

- 9:00-12:00 Spirituality and relapse

-all groups take place in presentation room 109 unless otherwise noted-

Daily Schedule

7:00-8:00	Rise N' Shine Yoga	Room 109
8:00-9:00	Breakfast	
8:30-9:00	Optional Lecture	Bigelow Auditorium
12:00-1:00	Lunch	
5:00	"As we go through the day..."	Room 208
5:30-6:30	Dinner	
7:00 - 7:30	Optional Lecture	Bigelow Auditorium
8:00 - 9:00	Saturday 3 Speaker Meeting	Room 108

**Schedule subject to changes