



WELLNESS PROGRAM

ADDICTIONS SUPPORT DURING THE HOLIDAYS

Strategies for preparing yourself mentally, emotionally, and practically

HOW TO NAVIGATE THE HOLIDAYS IN RECOVERY

- Identify your triggers, set and maintain boundaries: saying no is an act of self-respect.
- Check in with supportive loved ones, reach out to professional supports and create a plan for who you can contact if things feel heavy.
- Create new traditions and make new memories by participating in events that maintain your sobriety.
- Prioritize your established self-care routines throughout the holidays to stay grounded. Don't be afraid to plan ahead or turn in early for quiet time or sleep, as the holidays can be exhausting.



You're Not Alone. Support Is Available.

Bringing the Spirit Home – 403-737-8600

Blood Tribe Wellness Program – 403-737-3883

Lethbridge Wellness Shelter and Stabilization Unit – 587-612-5356



For Health Information visit btdh.ca