

What Is Our House?

Our House is an Addiction Recovery Centre whose sole purpose is to provide an environment where individuals with addictions can embark on a recovery process directed towards a meaningful, productive lifestyle.

We fulfill our mission through:

- A residential program for men 18 years and over;
- Recovery-directed programs for men and women; and
- Education initiatives in the community.

Our **Life Management Skills** and **Understanding One's Anger** courses are open to men and women in the community.

Sponsored by



OUR HOUSE
ADDICTION RECOVERY

OUR HOUSE
(E D M O N T O N)
L T D .

22210 Stony Plain Road

Edmonton AB T5S 2C3

Phone: (780) 474-8945

Fax: (780) 479-2271

Email: house@ourhouseedmonton.com

Website: www.ourhouseedmonton.com

**OUR HOUSE ADDICTION
RECOVERY CENTRE**

Life Management Skills



OUR HOUSE
ADDICTION RECOVERY

Call 474-8945

Life Management Skills

This experiential program encourages personal development through the process and practice of behavioral changes. Its objective is to assist the student in learning and applying new skills, which support positive changes in life.

Life Management Skills invites students to identify ineffective behaviors in five target areas; **self, family, job, community, and leisure.**

Each **five week** course, based on the Saskatchewan New Start Model, covers approximately 18 core Life Skills lessons involving the five above mentioned target areas. Some examples of these lessons are as follows:

- ▶ Developing communication skills
- ▶ Facing your fears
- ▶ Describing feelings
- ▶ Giving and receiving feedback
- ▶ Recognizing assumptions
- ▶ Practicing problem solving
- ▶ Developing self-esteem

Through information and skill practice within the dynamics of group work, these changes can most effectively be learned and maintained.

Course Requirements

1. A history of addictions.
2. One month clean and sober time.
3. You must attend all classes.
4. This course is offered free of charge.

Why Take This Course?

Recovery from an addiction requires that more effective skills be learned to assist addicts in changing self-defeating patterns that may lead to addictive behavior.

Essentially, the Life Management Skills program teaches students to be competent problem solvers. It also enhances productive communication and relationships with others.

Life Management Skills can provide the tools a person may utilize to improve their quality of life and maintain this quality throughout their recovery and beyond.

Tentative Course Dates for 2012:

February 21– Mar 27

May 7– June 12

July 30– Sept 4

Nov 13– Dec 19

Class Times:

Monday through Thursday

9:00am to 4:00pm

Dates may be extended due to holidays.

How To Register:

Please contact Rolf at (780) 474-8945 ext. 227.

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