



PATHWAYS

Addictions Recovery Planning Group

with Andy Leach

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*WORKING TOGETHER TOWARDS
HEALTH AND WELLNESS*



OUR GOALS

It will be an opportunity to hone one's recovery skillset through psycho-education on a variety of topics, and offers the chance to be part of a group that is supportive of each other. There will be opportunities to discuss struggles in recovery and also to share accomplishments and achievements. Substantial evidence suggests that recovery from addiction is most successful when clients are engaged in group therapy.

ABOUT

In this group, members will learn about the warning signs that can lead them back to their addiction. They will learn about cravings and urges and how to manage them. They will identify their own personal triggers, both internal and external. There will be psychoeducation regarding the disease of Addiction – what is it and why is it called a disease? There will be opportunities to discuss any reservations that members may have regarding their own recovery journey.

The sessions will also take a look at the 12 step fellowships: what to expect at meetings, and what exactly are the 12 steps? Members will identify and detail their high-risk situations and create detailed recovery plans that are solution focused.

The groups will encourage a sense of camaraderie, mutuality and support. Andy Leach is an experienced group facilitator who will create an atmosphere of safety and openness. There will be homework sent out prior to each week's group, and members will be encouraged to share their work in groups.

Recovery is to be enjoyed not endured. With careful planning and regular attendance at this group, members will learn to create a life in recovery that is fulfilling, rich and abundant.

ABOUT THE FACILITATOR

Andy Leach M.A MSAT. APACS L4 is an experienced addiction therapist. He has been working in the field of addiction for 15 years. For the last 9 years he was employed by the Cabin Chiang Mai as their Clinical Lead in Asia. He has recently joined Promises as Director, Addiction Services. He has a passion for recovery and has an in depth understanding, both personal and professional, of the potential pitfalls people can face.

He welcomes the chance to support you in your recovery in any way he can

*Click to find out more about him at:
promises.com.sg/about-us/our-team/andy-leach*



COSTS

The charges (exclusive of GST) :

- SGD\$100 SGD per session.
- An 8-group session package will be charged at SGD\$750.
- It is recommended that clients sign up for the full 8 group package.
- For the time being these groups will be offered on Zoom.
- Please register your interest with the front desk at Promises Healthcare or write to clinic@promises.com.sg. Alternatively, you could [click here](#) for a contacts us page.



Venue Details:

Bluebell Room, #11-16, Novena Medical Center, 10 Sinaran Drive, Singapore 307506

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Website: www.promises.com.sg

Facebook: [promiseshealthcare](https://www.facebook.com/promiseshealthcare)