

Our vision is to empower people to make and maintain healthy lifestyle changes relating to alcohol and poly-drug misuse.

Our Values



HONESTY



RESPECT



SAFETY



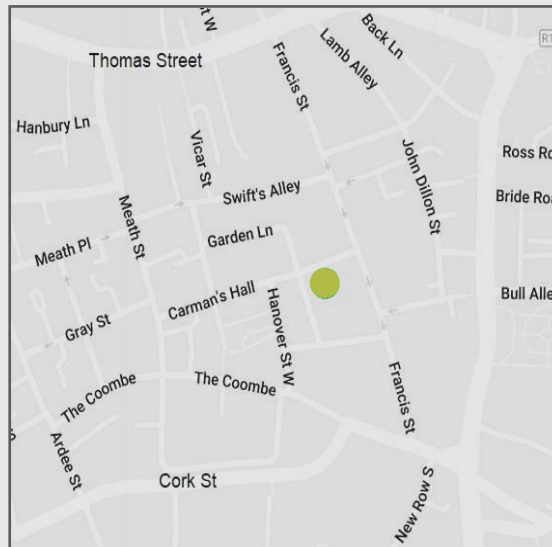
DIGNITY



CONSISTENCY



ADVOCACY

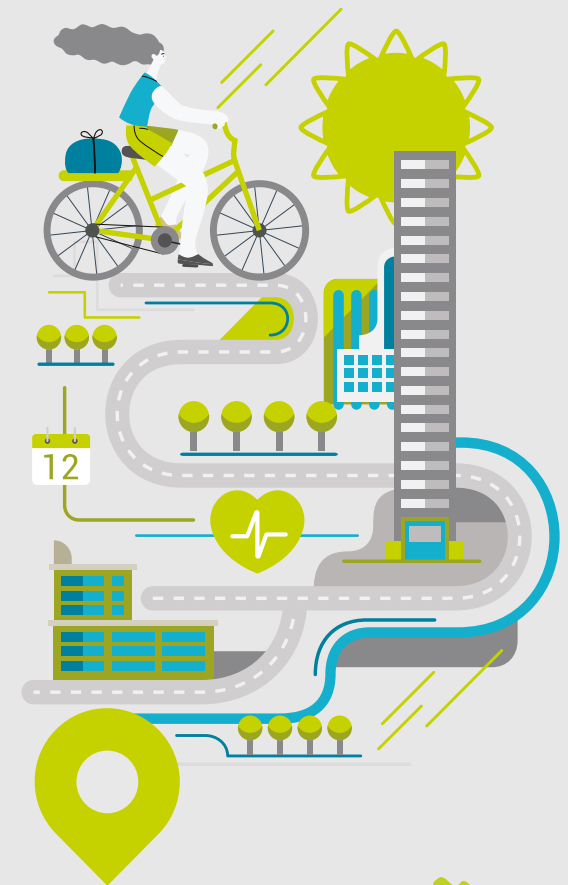


Community Response

14 Carman's Court,
Carman's Hall,
Dublin 8,
D08DP80
Tel: 01 454 9772 (M-F, 9am-5pm)
Info@communityresponse.ie
www.communityresponse.ie
CHY 11087
CRA 200029548



Long-Term Aftercare: Abstinence based recovery programme



Community Response is a primary alcohol and liver health service based in Dublin 8.

Recover yourself

Congratulations: you are embarking on a journey of self-discovery and empowerment. It will be challenging and rewarding, and will require you to look deep into yourself to find out the things that matter to you.

Ultimately it will be these values, and the relationships you create and maintain, which will help you to forge a lasting recovery and live a life of meaning and purpose.

This group is open to anyone who has been sober and abstinent for a period of 6 weeks or longer, and is free from mind or mood altering substances. It is open to self-referrals or referrals from services.



What is it?

This is a long-term programme, meaning that it will go on for a year or more, depending on your own circumstances. It will be facilitated by workers from Community Response, but will be led by the participants and will respond to the needs of the group.

Meetings will take place from 7pm to 8.30pm every Tuesday night. Tea and coffee will be available from 6.30pm.

This programme provides an opportunity to address important issues and problems associated with abstinence/life and recovery. Living drug and/or alcohol free can be challenging. Dealing with issues and feelings that normally would have been avoided through substance use can leave an individual in recovery feeling very confused and isolated. This group will provide a safe space for people to come and get support as they move forward in their recovery and their lives.

The programme is open to individuals seeking to strengthen their continued recovery, and will be underpinned by trauma-informed and compassion-focused principles. It will emphasise healthy coping skills, explore adapting to everyday community life and help to provide a supportive environment where challenges and successes can be discussed in a safe and therapeutic space.

We aim to balance serious talk in a confidential setting with an outlet for fun through organising social events, as agreed in consensus with the group.

What is required of me?



Be sober/abstinent
6 weeks or more.



Free from mood or mind
altering substances.



Commit to weekly
attendance.



Participate as best
you can.



Be respectful
of others.

If this sounds like something you would be interested in please contact us through the details listed on the back page of this flyer.

We will arrange a meeting and go from there.