

# Maintaining change

## Session 6 – our recovery stories

# Today's session

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- Welcome and introductions
- Group agreements
- Introductions and check in
- Our stories
- Celebrating achievements
- Closing round and feedback

# Introductions and check in

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Hello! ... introductions

Today is about our stories of recovery



# One of these Lucie?



# Feedback

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- How has today been?
- Where might it be useful to keep the work you've done today?
- Reminder about 'Useful Resources' including mutual aid
- Thank you for coming, this is the last session in the 'maintaining change' programme