Maintaining change

Session 6 – our recovery stories



Today's session

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



Hello! ... introductions

Today is about our stories of recovery





One of these Lucie?



When we Lell SOUR STORIES in a safe community, al those things that separate us go away.

"OWNING OUR STORY CAN BE Hard but not nearly as difficult as spending our lives running from it."

BRENE BROWN

OWNING OUR STORY AND LOVING OURSELVES THROUGH THAT PROCESS IS THE BRAVEST THING THAT WE'LL EVER DO.

BRENÉ BROWN



Feedback

- 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

