

The
LIFE
Course

- ❖ increase self-care
- ❖ improve mental well-being
- ❖ develop healthy relationships
- ❖ sustain independent living
- ❖ find meaningful activity

The course is an **abstinence focused** life skills programme aimed at adults (ages 25+) who are in early recovery and have completed a treatment programme.

We will consider accepting those who are reducing on a script.

This course is for those who:

- lack confidence and life skills
- have been homeless
- have been in active addiction
- suffer from mental health issues
- have a criminal record
- have been long term under-employed
- are in early – mid recovery

BUT who want to make life changes and improve their lives...

The LIFE course started in September 2015 and supersedes the LITE Course which ran as CCM's life skills course from 1990 to 2014.