

|                                          |                      |                                |                                     |                                            |
|------------------------------------------|----------------------|--------------------------------|-------------------------------------|--------------------------------------------|
| Treat people fairly                      | Art Group            | Are you being fair?            | Don't make things worse!            | Remember who can help you in your recovery |
| No Distractions                          | Cooking Skills Group | Talking can lead to a solution | Participate in events               | Be OK with mistakes                        |
| Recovery Innovations International       | Support eachother    | <b>FREE</b>                    | Try seeing the good in people       | Be honest                                  |
| Participants                             | Let others speak     | Living Skills Group            | See the other persons point of view | Make friends                               |
| Perhaps share progress with someone else | Support Groups       | Stick to the agreement         | Recovery                            | Healthy Decisions Group                    |

|                          |                              |                                  |                                     |                                            |
|--------------------------|------------------------------|----------------------------------|-------------------------------------|--------------------------------------------|
| Support each other       | Let others speak             | Employment Group                 | No screaming or kicking or fighting | Living Skills Group                        |
| Don't speak out of turn  | Be open                      | Chemical Dependency Professional | Participants                        | No Distractions                            |
| Monthly Recovery Parties | Be honest                    | <b>FREE</b>                      | Boundaries Group                    | Remember who can help you in your recovery |
| Be honest                | Listen to the other person   | Talking can lead to a solution   | Be OK with mistakes                 | Try to think of a solution together        |
| Take time to calm down   | Ask for someone else to help | No insults                       | No telling of secrets               | Don't Interrupt                            |

|                                    |                              |                                     |                                          |                                     |
|------------------------------------|------------------------------|-------------------------------------|------------------------------------------|-------------------------------------|
| Don't make things worse!           | Support each other           | Peer Recovery Coaches               | Try to think of a solution together      | Safety Awareness                    |
| Recovery Innovations International | Pay attention                | See the other persons point of view | Be honest                                | Community Building                  |
| No insults                         | Don't Interrupt              | <b>FREE</b>                         | Perhaps share progress with someone else | No screaming or kicking or fighting |
| No telling of secrets              | Ask for someone else to help | IMR Group                           | Are you being fair?                      | Monthly Recovery Parties            |
| Cooking Skills Group               | Treat people fairly          | Boundaries Group                    | Work out what each of you will do        | Work Together                       |