



Make a Difference in Your Life Today!

- Problems with stress at work, school or home?
- Loss of focus or fear of failure hindering your ability to perform your job or grow your career?
- Trouble managing negative emotions and impulses?
- Lowered feelings or loss of sleep due to racing thoughts or other concerns?
- Worrisome, angry or fearful thoughts causing disruptions in your days or nights?
- Looking for that boost of self-confidence to put you on a positive path?

RI Discovery can help!

RI DISCOVERY PROVIDES:

- Hope through learning and practicing simple living skills, which encourage and improve personal growth.
- A safe place to express feelings
- User-friendly materials for quick learning of time-tested self-help techniques.
- Highly interactive meetings for peer support and training of the self-help techniques.
- Support and acceptance, which may be lacking at home, school or work.



About Recovery International

The mission of Recovery International is to use the cognitive-behavioural, peer-to-peer, self-help training system developed by Abraham Low, MD, to help individuals gain skills to lead more peaceful and productive lives.

Call The Centre for Family
Medicine to register.
519-578-2100



RI Discovery
Make a difference in
your life today!

RECOVERY International

Stress

Anxiety

Fears

Tension

Worry

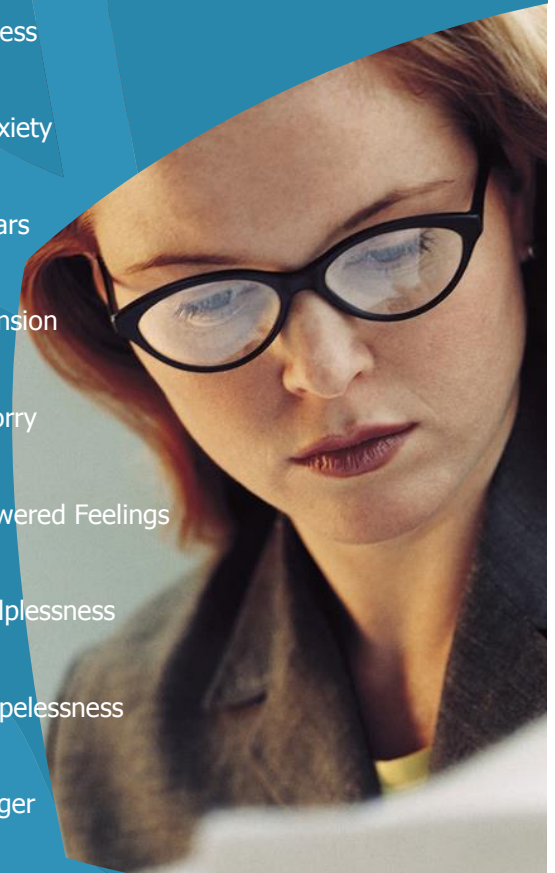
Lowered Feelings

Helplessness

Hopelessness

Anger

Panic



What is RI Discovery?

RI Discovery is a simple set of living skills, which enable people to live more peaceful, productive lives. RI Discovery participants develop these self-help skills in friendly, interactive, fast-paced, peer-to-peer meetings and through self-direction.

Who Should Use RI Discovery?

RI Discovery is for anyone living with emotional difficulty in life and looking for a safe place to quickly learn to change negative personal patterns of behaviour to positive ones. The skills you learn in RI Discovery can be applied to any irritation or frustration in everyday life.

What are the Program's Self-Help Tools?

The self-help tools are simple cognitive-behavioural techniques developed by neuropsychiatrist Abraham Low, MD. These techniques have been successfully used in Recovery International self-help meetings for more than seven decades and are now provided in a very easy-to-learn format in RI Discovery.

Sample Self-Help Tools

- If you can't change a situation, you can change your attitude towards it.
- Every act of self-control leads to a sense of self-respect.
- Fear is a belief – beliefs can be changed.
- There is no right or wrong in the trivialities of everyday life.
- Feelings are not facts.

At RI Discovery meetings, participants describe an event from everyday life that caused distress. They explain how they used the program's self-help techniques to address their discomfort and control their negative responses.

Attendees then offer positive, constructive encouragement, which highlight the example-giver's successful use of the self-help techniques and suggest other techniques that could have been used.

RI Discovery meetings are confidential and the information shared is kept within the group.

The Self-Help Materials

RI Discovery is complemented by user-friendly materials, which enable participants to quickly learn the self-help techniques. These materials are suited for use in both meetings and personal self-direction.

RI Discovery Workbook

Provides the training and support for learning the self-help techniques and how to take part in an RI Discovery meeting.

The Wisdom of Dr. Low – Words to Live By

Compilation of quotations of works by neuropsychiatrist Abraham Low, MD. The book is used during RI Discovery meetings and is also a quick reference for a specific issue or concern.

Get these and our other self-help materials at www.recoveryinternational.org

FREE 12 Week Course

Introduction to Mental Health Principles
Recovery/Discovery Method
with Felicity Finn, RP, RMFT

Begins Tuesday, March 7th, 2017
9:30 – 11:00 am

Shantz Mennonite Church
2473 Erb's Road in Baden
(3 minutes west of St. Agatha)

To register call: The Centre for Family Medicine
519-578-2100

Going to your First Session

Here are just a few things to keep in mind when attending.

- There is no required fee to attend RI Discovery meeting, but tax deductible donations may be made to Recovery International.
- Review your RI Discovery participant workbook (available for purchase a first session – optional)
- Meetings are confidential, so you don't have to give your name, but remember that many friendships begin at these meetings.

