Life Changing Ministries Substance Abuse Services
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Office Hours Mon-Fri. 9am to 7pm

## Relapse Prevention

**Identifying Triggers** 

Holistic Approach: Clinically and Spiritually

- Identify what is going on inside your Thinking and Spirit
- Skill Test
- Clarifying Issues

   (unforgiveness, low self-esteem, trying to fill void(s)
- Addressing how your Triggers Surface Internally and External
- Identify your Gifts (what are you good at) think in terms of Spiritual Gifts/Secular

## Family Service

- 1. How to Deal with & Pray for Dependent family members
- 2. Information on addiction and how it effects the addict
- 3. How to Recognize when you are being an enabler, while thinking that you are helping
- 4. How to Recognize Warning Signs
- 5. Spiritual Coping Mechanisms and Techniques

## Identifying Purpose for Life

- 1. Using all your Experiences to Guide and Reflect upon
- Understanding/Developing Spiritual Gifts
- 3. Identifying Strengths & Weaknesses



## Clinical

Recovery from drugs, alcohol, and other addictions requires supervised and Professional attention.

Our team of Qualified
Personnel addresses the
complex Physical and
Psychological problems
inherent to addiction, and
we strive for the total
well-being of the addict.
Our services are tailored
to the individual's specific
needs, including:

- Medical
- Psychological
- Social
- Vocational
- Legal
- Spiritual