

365 Days of Walking the Red Road



The Challenge

Access to in-person support groups for addictions relapse prevention is not possible for those living on Manitoulin Island and surrounding area during the COVID-19 pandemic



The Solution

- Noojmowin Teg Health Centre responded by organizing a daily opportunity for people to connect **virtually** to access recovery support.
- Sessions are structured in a similar format as other in-person relapse-prevention programs, with moderated 45-minute sessions .
- During the session, the facilitator welcomes participants, provides guidelines and reads from selected meditation books such as 365 Days of Walking the Red Road or Narcotics Anonymous meditations.
- Participants are encouraged to share experiences and support one another in maintaining their recovery.

The Process



Participant calls teleconference line to join session

Participant contacts Noojmowin Teg by Phone (705) 368-2182, Facebook or Twitter for information

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Moderator welcomes participants & provides guidelines for 45-minute session

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Moderator reads from meditation book (365 Days of Walking the Red Road or Narcotics Anonymous Meditations)

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Participants are encouraged to share with one another

Session Wrap-up

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