

# Agenda

## Independent Living Group: Overcoming Addiction: 03/11/20

**Objective:** The objective is to empower the participants with information that will aid in overcoming addictions.

**Review Homework:** Review if patients completed homework assignment.

**Education:** Provide simple education on addictions and the brain.

**Handout:** The Overcoming Addiction Cycle & Keys

**Discussion:** The group will discuss the information provided on the handout and how this can be practically applied.