

# RTP monthly

NEWSLETTER

APRIL 2022

## COMMUNITY RESOURCES

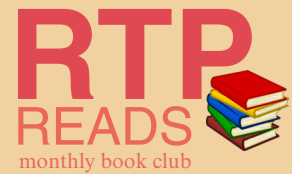
The Smart Recovery Program is a global mutual-support program that helps people exit all types of substance and activity addictions (alcohol, drugs, sex, relationships, spending, gambling, eating and self-injury). It is a science-based approach which emphasizes self-empowerment and self-reliance. It can be used as a stand-alone program or in conjunction with other recovery paths (AA and other mutual support programs, therapy, prescribed medication, etc.). The program consists of 4 elements: building and maintaining motivation; coping with urges; managing thoughts, feelings and behaviour; and living a balanced life. A variety of tools and techniques (many of which are based on Rational Emotional Behaviour Therapy or REBT) are employed for each of SMART's 4 points. For more information, lists of online and in-person meetings, chat and other resources, visit <https://www.smartrecovery.org/>

### Peer Mentor Profile: Marc L.



While recovering from alcohol and drug addictions with the help of the Griffith Edwards Center's wonderful specialists, I discovered and experienced the SMART Recovery Program as a participant and RTP Peer Mentoring as a mentee. Reaching out to these resources was instrumental in solidifying the path to recovery that Griffith Edwards allowed me to create for myself. I found RTP mentorship useful in the short-term to gain confidence in my ability to maintain sobriety

and I continue to find SMART Recovery to be helpful on a longer term to reach the ultimate goal of exiting addictive substances. As I began to feel more solidly entrenched in maintaining sobriety, I trained to become an RTP mentor and I am also currently training to become a SMART Meeting Facilitator. I find that there is something in helping other people quit their addictions that is consistent with who I am and helps me live a balanced life. May you all find your own paths to recovery and may your hearts be filled with compassion.



We meet once a month via **Zoom**

Next meeting is on  
**Friday, April 29th**  
**2:00pm-3:00pm**

We'll be reading  
the short story  
**"The Ransom of  
Red Chief"**

By: *O. Henry*

<https://archive.macleans.ca/article/1907/8/1/the-ransom-of-red-chief>

For more information, contact  
[rtpublicationzine@gmail.com](mailto:rtpublicationzine@gmail.com)

Zoom Link

<https://us02web.zoom.us/j/83400975138?pwd=RDR2OS8xQ-0FRb0pIdzBuU1c4Mnkvdz09>

Meeting ID: **834 0097 5138**

Passcode: **626673**

**Patients, Health Care Providers,  
Staff, Family, Friends  
are welcome!**

## ZINE THEME FOR 7th EDITION “ADAPTATION”

The Zine team has chosen “ADAPTATION” as a theme for the next **RTPublication**. Besides transitioning out of an illness episode, we have been called upon to cope with many things: the pandemic; changes in health care personnel and delivery of care; social upheavals reflected in demonstrations; and more recently, war. When we were discussing this, some words that came to mind were:

- Fear, hope, discomfort, being out of our comfort zone;
- Anticipation, becoming, transformation, revival, new vision;
- Concessions and losses, finding courage to keep going;
- Re-learning, re-defining and re-inventing ourselves, having a good dream;
- Re- evaluating what is important in relationships;
- Re-examining our needs;

If this theme inspires your creativity, we welcome your submissions at, [rtpublicationzine@gmail.com](mailto:rtpublicationzine@gmail.com)

## Zine Member Profile: Eric Zimmermann

I am a 21 year old student, born in Spain and raised in Montreal. To me, the zine is a journey of self expression, nurtured through empathic listening and encouragement. I was amazed to see the diversity of the group. People from all walks of life, coming together with each other and within themselves. I’ve had the privilege of listening to their songs, reading their stories, and seeing their art as well as being exposed to the acceptance and eagerness to listen among the group. These choices to share sides of one’s self has allowed me to feel more comfortable with sharing my own, knowing it will be met with the same enthusiasm.

## RTP Management Profiles

I am François Collins, the new RTP Resource Manager. I am also on the zine team where we produce the monthly newsletter that includes resources and tools that members of the RTP have found helpful in their own recovery.

My new job is to update current resources and find new ones to share with the RTP community of volunteers, patients and staff at the Allan Memorial Institute and Addiction Unit at the Griffith Edwards Centre. You can find many of these resources on our website:

[www.recoverytransitionprogram.com](http://www.recoverytransitionprogram.com)

I find it an honour to use my personal skill set of finding resources and sharing them with you. No task is too challenging. If you want to share your own resources, please let me know, and we can include them on the website and in future newsletters.

Visit me in Rm. P.2036 on Mondays and Wednesdays. I would be happy to hear from you about resources that have been useful, and to help you navigate through our resource collection to find what you may be looking for.

## RTP OFFICE HOURS

Monday .....10:00am- 12:00pm  
Tuesday .....9:30am-3:00pm  
Wednesday .....10:00am- 2:00pm  
Thursday.....9:30am-3:00pm  
Friday.....Closed

Allan Memorial Institute Rm. P.2036

Allan Memorial now has Wifi access for all.  
Name: **public**  
Password: **wifi**

