

# B3 RECOVERY CHAMPIONS COURSE

## SEPTEMBER 2017

**Want to move forward? Strengthen your recovery?  
Get involved in local services? Build new networks?**

### **You will learn about:**

- ◆ Drugs & alcohol advice, support & consultancy
- ◆ Presentation & communication skills
- ◆ Community volunteering
- ◆ Self development
- ◆ Basic drug awareness, lapse & relapse prevention
- ◆ Brent DAAT & local services
- ◆ Responsibilities & policies (i.e. safeguarding, boundaries, confidentiality and health & safety)
- ◆ B-3 (Brent Service User Council)
- ◆ BSAFE (weekend social space)

### **We will provide:**

- ◆ Lunch and pay your daily travel costs
- ◆ A friendly and welcoming atmosphere
- ◆ Future options for personal & professional development
- ◆ Enhance your recovery

**Term:** **Tuesday 4 September until 5 October 2017 (5 weeks)**

**When:** **Every Monday (except first day) & Thursday**

**Time:** **10am to 4pm**

**Where:** **ARCC, Willesden Centre For Health  
Harlesden Road  
NW10 3RY**

**If you are interested and available to commit to this course please ask your key worker for a referral**

**Contact Radha Allen on [radha@b-3.org.uk](mailto:radha@b-3.org.uk)  
07958 086346 or 020 8459 9510**

