



Holiday Safety Plan

Having a holiday plan can prepare you for a safe, clean, and sober Holiday Season. Being accountable and having a formal, detailed plan specifically designed to your needs will greatly improve your chances of sustaining your recovery goals. This safety plan is designed to provide you with considerations when planning and attending events. Complete the table below.

Date and time of event	
Will my DOC be present?	
How important is the event compared to my recovery?	
Can I not attend the event if I do not feel safe to attend?	
Can I communicate with the host prior to the event about my recovery intentions?	
Mode of Transportation – to and from	
Who am I travelling with? Are they aware and supportive of my recovery? Am I driving?	
Is my vehicle blocked in a driveway? Can I leave when I want to without depending on others?	
Do I have the means to take a taxi/Uber/public transportation if necessary?	
Public Transportation – Do I know the route, schedule, and aware of hours of service?	
Have I messaged friends in recovery to call/text me during the event to check-in with me? Who is available if I need to call? Do I have phone numbers handy?	
Who am I sharing my plan with?	
Have I set a time-limit to attend? Can I arrive late/leave early?	
Should I bring my own pop, water, etc.?	
Am I mindful of HALT (Hungry, Angry, Lonely, Tired)?	
Is there a place where I can 'escape' to where I can engage in a short mindfulness activity, meditation, etc.? Try to identify the 'escape' shortly after arrival.	
Do I have a 'safe' word that means 'I need to leave', or 'I'm struggling'?	
Do I have a meditation app with one or more short meditations accessible?	

If you or someone you know is in need of addiction treatment, please contact Renascent.
 1-866-232-1212 | info@renascent.ca



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Proactively Addressing Triggers

Triggers that may put me at risk for drinking / using	What can I do to address this trigger either before, or in the moment?

Identifying Your Coping Skills

Coping skills I will use:

1. _____
2. _____
3. _____

Additional commitments that will help me stick to my Holiday Safety Plan:

1. _____
2. _____

Alternative Supports: Toronto area

(Google your city to find meetings near you)

- Alcoholics Anonymous Toronto Meetings: <https://www.aatoronto.org/meetings/>
- Cocaine Anonymous Toronto Meetings: <https://ca-on.org/meetings/>
- Narcotics Anonymous Toronto Meetings: <https://www.torontona.org/>
- Marijuana Anonymous Toronto Meetings: <http://www.matoronto.org/meetings.html>

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