

What Should I Look for in a PAL?

People who are stable in their lives and sobriety, and who model healthy recovery choices could make a great PAL. You can find a PAL that matches your particular situation or interests. For example, if family is important to you, try to find a PAL who is in a long-term, healthy relationship with a partner or who speaks glowingly of their children.

If you are focusing on building a career, ask those who are successful in their chosen fields. If you are someone who has relapsed multiple times, then you may want to find someone who has shared your experience or, if not, has lived by a certain set of principles that you think will work for your situation.

Avoid committing to the first available PAL. Choose carefully. Get to know some people in LifeRing and go out for coffee with them. This is a good way to start your recovery journey and avoid procrastination; it will also give you support and time to select the right PAL.

Becoming a PAL

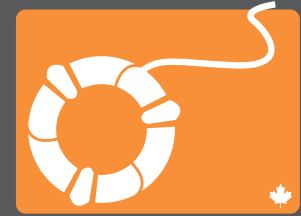
If you have the time and desire to help someone else in recovery, talk to the group convenor before the meeting about your interest in becoming a PAL to someone. The convenor can then inform the group and see if anyone is interested in gaining a friend in recovery.

Finding a PAL

During the meeting, the convenor will talk about PALS, indicate PALS that are available to offer support, and invite group members to connect with him or her after the meeting. To facilitate these connections, LifeRing provides cards on which contact information can be exchanged.

“ They didn't give up on me, and would talk to me when I needed someone who understood my struggles. ”

Peers Actively Lending Support (PALS)



LifeRing

Empower Your Sober Self

www.liferingcanada.org



LifeRing Canada
707 Johnson Street
Victoria, BC V8W 1M8

info@liferingcanada.org
250.920.2095
1.888.920.2095

Charitable Tax No. 844683516RR0001

Peers Actively Lending Support (PALS)

LifeRing's recovery support groups for people struggling with addiction and substance abuse are based on peer support. Whether you call them peer-supporters, mentors, sober friends, recovery coaches, or accountability partners, having someone walk beside you on your recovery journey is essential and makes the road less lonely.

At LifeRing, we call them PALS – Peers Actively Lending Support.

If you're currently in a treatment facility, you may already have incorporated LifeRing into your Personal Recovery Plan. You may also want to include LifeRing and a PAL in your long-term aftercare plan after you leave the facility.

PALS has not only helped many people in recovery develop healthy relationships and foster long-lasting friendships, it has also helped create a recovery community within LifeRing where people participate in activities together outside of the group meetings.

“Sharing what I'm going through with others who are going through the same thing helps my recovery.”

What's a PAL?

LifeRing's PALS program relies on individuals who have experienced substance abuse, addiction, and recovery to support others. PALS draw on their own experiences to promote wellness and recovery in people who are just beginning their sober life. Your PAL is there to listen, empathize, and share resources, skills and tools – not to give advice, guarantees or promises, but to lend support. Your PAL is someone with whom you can share sober interests, such as going for a walk or having coffee, someone who will take your phone call when times get tough.

What Are the Benefits of Being a PAL?

- The feeling of giving something back
- The satisfaction of being instrumental in someone else's recovery
- A deeper insight into sobriety
- Solidifying and strengthening your own recovery
- Making a sober friend

What Are the Benefits of Having a PAL?

- Minimizing feelings of loneliness and isolation
- Gaining resources, skills and tools for recovery
- Support on good days and bad days
- Making sober friends
- Introduction to a sober community
- The feeling of belonging
- Positive encouragement and motivation
- Someone to call when times get tough

Sobriety

Secularity

Self-help