

# Chronic Relapse: Facts You May Not Know & Factors Influencing Relapse

September 24, 2026

10:00-11:30am MT

This webinar will provide information you may not know about relapse (it's more common than you think), what leads people to relapse, and how to work through relapses. Participants will learn how to normalize these experiences and approach relapse from a growth perspective rather than through shame. Supporting relapse as a loved one or professional will be also be explored.

**\*\*Please note that this session will not be recorded or uploaded to our website.**



## Learning Outcomes:

- Understand relapse as a common part of the recovery journey, including factors that may contribute to it
- Identify ways to approach relapse through a lens of compassion, growth, and learning
- Explore strategies for responding to and supporting individuals experience relapse
- Recognize the importance of ongoing support and connection in recovery

## Speakers:

**Stephanie Yang, Registered Psychologist -**  
Stephanie is a registered psychologist based out of Edmonton, Alberta. She has worked with Indigenous populations for many years through non-profit organizations and programs such as the Gladue writing program and Non-Insured Health Benefits. Stephanie has experience working directly with Indigenous communities in Alberta. She sees many Indigenous youth and adults through her private practice, Waves Psychology, located in Edmonton, Alberta on Treaty 6 Territory.



**Target Audience:** This workshop is suitable for individuals with lived experience with substance abuse as well as for professionals and loved ones supporting those struggling.

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<https://fntn.ca/Home/Register-VC?eid=23011>

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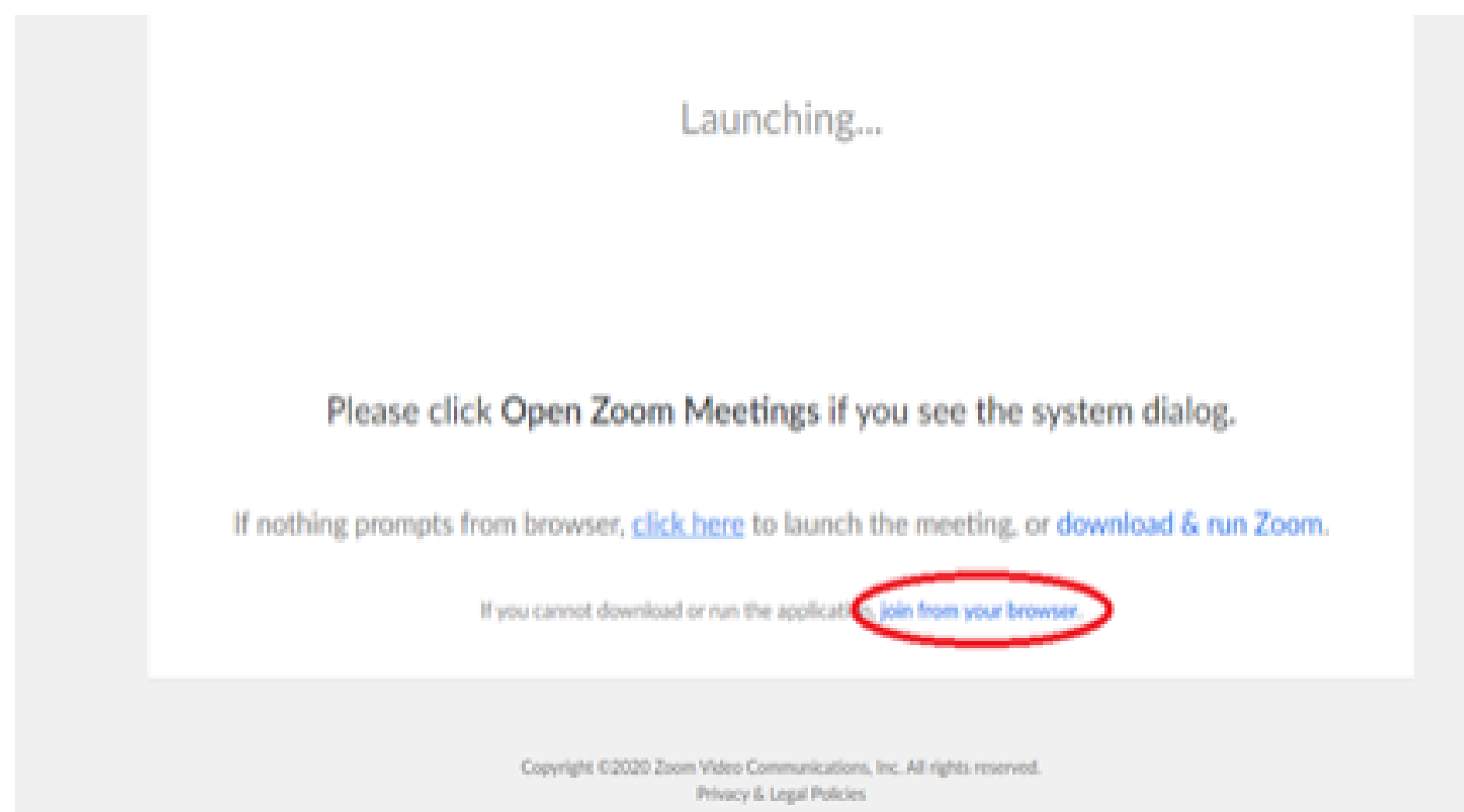
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