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# The Change Toolbox

Techniques to Help Cultivate  
Lasting Personal Change

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**A set of tools to help people work on addictions or any other challenging behaviours.**

**This 181 page "Toolbox", sent to you on a CD, is based on the Stages of Change model and will be useful for mental health or addictions workers, social workers, therapists or those helping themselves.**

**Order Form Attached**

**Cost: \$24.99 / CD**

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CANADIAN MENTAL  
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**Canadian Mental Health Association  
Winnipeg Region**

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