

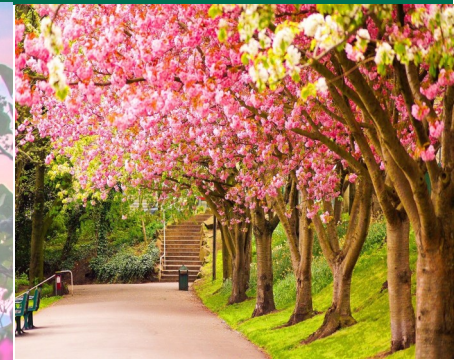
Preparing for the Holidays

IN-PERSON WORKSHOP

Monday November 20, 2023

at 10:00am-12:00pm

71 Ann St, Kitchener ON, N2B 3T3



For adults with concerns
about their substance use

Join us for a morning of connection and conversations about recovery during the holiday season. This season can involve many dynamics, challenges and celebrations, and being able to manage your needs in recovery is important. This workshop will be a discussion-based and strategy-focused group, facilitated by Day Treatment Counsellors.

This workshop is for adults with concerns about their substance use. Open to all genders. This workshop is IN-PERSON — we look forward to seeing you!

Snacks and refreshments will be provided. Please inform us of any dietary needs, as well as any other accommodations. GRT bus fare available upon request.
Free parking on-site.

We recognize each person's unique substance use goals. We ask that you are able to participate in group in a way that is safe for yourself and others, including not being under the influence of substances at the workshop.

Please register in advance. Limited spaces available.

TO REGISTER: Please contact
Lana at 519-742-8327 ext. 276
or
lanai@houseoffriendship.org