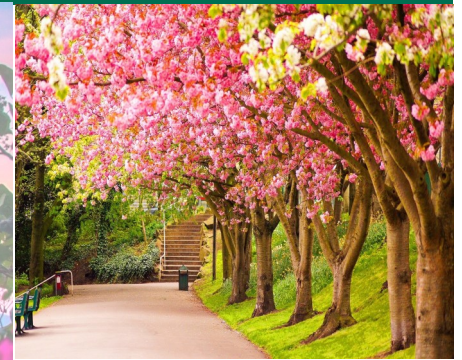




Foundational Coping Strategies **IN-PERSON WORKSHOP**

**Wednesday April 17, 2024
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 exploring and practicing coping strategies and skills for managing stress, emotions and other challenges, in support of your recovery goals.

This workshop is IN-PERSON.

This workshop is for adults with concerns about their substance use. Open to all genders. The workshop will be facilitated by Day Treatment Counsellors.

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.

TO REGISTER: Please contact Erika (Supervisor) at 519
-742-8327 ext. 219 or erikah@houseoffriendship.org