

Mothers in Recovery

Weekly Virtual Group

Thursdays (ongoing) 1:00-2:30pm

For pregnant and/or parenting women
who have concerns with their substance use



Support is essential to mothers in recovery.

It is important to be able to share your stories, pain, fears, and dreams with those who can relate. This group offers support and discussions facilitated by counsellors in an accepting and non-judgmental environment to foster a community of moms supporting other moms. Together, we will seek to build confidence and hope as you navigate recovery.

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 before or during the group.

To register:

- Contact one of the counsellors (information below)
- Complete a brief virtual intake appointment with the counsellor
- Drop-in to the weekly group via the Zoom link provided
- If you are currently in or have recently completed another program in Addiction Services at House of Friendship, you can be referred by the counsellor in that program

Access to an email address, stable internet connection, and a device with a microphone and camera is required to participate.

Contact

Catherine: 519.742.8327 ext. 561; catherines@houseoffriendship.org

Zipho: 519.742.8327 x 568; ziphozakhes@houseoffriendship.org