

Women's Open Recovery

Drop-in Support Group

Thursdays at 6:00-8:00pm

Virtual Group

Women's Open Recovery is a weekly discussion-based support group for adults who identify as female and have concerns with their substance use. This group is drop-in style and is a supportive space for women to share about their recovery successes, challenges and hopes. Whether you are new to recovery or have been in recovery for some time, this group welcomes you.

This group runs weekly, Thursdays at 6:00-7:30pm. It runs virtually via Zoom, facilitated by Day Treatment Counsellors.

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 during the group.

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

Registration in advance is encouraged. There is no cost to participate.

**TO REGISTER: Please contact Ackiel (ext. 239)
or Mackenzie (ext. 272) at 519-742-8327**