



HOLIDAY WORKSHOPS

Discussion-based workshops available:

- * **Tues, Dec 16 (1-3pm), in-person**
- * **Mon, Dec 22 (1-3pm), virtual**
- * **Mon, Dec 29 (10am-12pm), virtual**

The holiday season can be a time of celebration and challenges. We are offering 3 workshops in December, as opportunities for support, reflection, and connection during this time.

These workshops are open to any adult with concerns about their substance use. Each workshop, facilitated by Day Treatment Counsellors, will include discussions and activities related to recovery and the holidays. You are welcome to register for whichever workshops you'd like.

Workshop 1 — Join us for an in-person workshop about the holidays and recovery, Tuesday December 16, 2025 at 1:00-3:00pm, in-person at 71 Ann Street, Kitchener

Workshop 2 — Join us for a virtual workshop about the holidays and recovery, Monday December 22, 2025 at 1:00-3:00pm, virtual via Zoom.

Workshop 3 — Join us for a virtual workshop about the holidays and recovery, Monday December 29, 2025 at 10:00am-12:00pm, virtual via Zoom.

Snacks and refreshments will be provided for the in-person workshop (Dec 16). Please inform us of any dietary needs or other accommodations. GRT bus tickets available. 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 Day Treatment —
daytreatment@houseoffriendship.org or
519-742-8327 ext. 276