



Recovery is a life long process and ongoing maintenance work post-treatment is one way to support maintaining change. We are offering a one-week virtual intensive Recovery Booster Program for people who are in active recovery. We will use group therapy and psychoeducation to teach and refresh recovery skills and explore how to continue to use them in life.

This program will support individuals who have completed any House of Friendship Addiction Services program within the past 6 months. This program will be facilitated by Day Treatment Program Counsellors.

It will run virtually via Zoom. Zoom link will be sent via email following registration and assessment for the group. Access to an email address, stable internet connection, and device with a camera and microphone required to participate.

We ask that participants commit to attending the entire week of this program.

Open to all genders. There is no cost to participate.

Register in advance to reserve your spot.

TO REGISTER: Please contact Day Treatment —
daytreatment@houseoffriendship.org or 519-742-8327 ext. 276