Addiction Services

House of Friendship

Funded by Ontario Health (West)



HOLIDAY WORKSHOPS

Discussion-based workshops available:

- **Mon, Dec 21 (11am-12:30pm), virtual**
- **Tues, Dec 29 (1:30-3pm), in-person**
- **Mon, Jan 4 (11am-12:30pm), virtual**
- **Tues, Jan 5 (1:30-3:00pm), in-person**
- **Fri, Jan 8 (11am-12:30pm), virtual**

The holiday season can be a time of celebration and challenges. We are offering 5 workshops during this time, as opportunities for support, reflection, and connection.
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.

Virtual Workshops	In-Person Workshops – 71 Ann St. Kitchener
Workshop 1: Monday, Dec 21 (11:00am-12:30pm)	Workshop 2: Tuesday, Dec 29 (1:30-3:00pm)
Workshop 3: Monday, Jan 4 (11:00am-12:30pm)	Workshop 4: Tuesday, Jan 5 (1:30-3:00pm)
Workshop 5: Friday, Jan 8 (1:30-3:00pm)	

Snacks and refreshments will be provided for the in-person workshops. 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**