

NEW CONCURRENT DISORDERS GROUP



A JOURNEY TO NEW BEGINNINGS

Mental Health & Addictions Support

Join us **biweekly** on **Fridays from 10:00 AM – 11:30 AM** in the **Social Club** for a supportive, welcoming space to talk openly, learn practical coping skills, and connect with others navigating mental health and substance use challenges.

March Dates:

17 **March 13** – Understanding Triggers, Cravings & Early Warning Signs

17 **March 27** – Building a Life Worth Staying Well For

Recovery is a journey – and you don't have to walk it alone.

Transportation Line: 705-526-1305 ext 1228