



## NEW CONCURRENT DISORDERS GROUP



### **A JOURNEY TO NEW BEGINNINGS**

Mental Health & Addictions Support

Join us biweekly on Fridays from 10:00am - 11:30am 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

April Dates

April 10, 2026 & April 24, 2026

Transportation Line: 705-526-1305 ext 1228

