

You are not alone.

CONCURRENT DISORDERS GROUP

Healing
Together,
Stronger.
Together.

EVERY OTHER FRIDAY
10AM – 11AM



WHAT IS CONCURRENT DISORDERS?

It means facing both a mental health challenge and a substance use challenge at the same time.

Coming to groups like this helps us on our recovery journey by allowing us to learn, share, and grow together. In a safe, non-judgmental space, we build understanding, gain tools to cope, and feel supported by people who truly get it.

Share.
Support.
Strengthen.
Succeed.

RECOVERY IS POSSIBLE.
TOGETHER, WE CAN.

IN GROUP WE CAN:



CONNECT
with others
who understand



LEARN
new tools
& coping skills



FEEL SAFE
in a judgment-
free space



GROW
in our recovery
together



UPCOMING DATES:



AUGUST 14th, 2026
10AM – 11AM



AUGUST 28th, 2026
10AM – 11AM



TRANSPORTATION
PROVIDED

PLEASE CALL BY 9AM FOR A RIDE

705-526-1305
EXT 1228

ONE STEP.
ONE CHOICE.
A BETTER TOMORROW.

YOU MATTER. ♥ YOU ARE WORTH IT. ♥ YOU BELONG HERE.