

CONCURRENT DISORDERS GROUP



*You are
not alone.*

EVERY OTHER FRIDAY

FROM 10:00 AM – 11:00 AM

WHAT IS CONCURRENT DISORDERS?



Concurrent disorders refers to experiencing both a **mental health challenge** and a **substance use challenge** at the same time.

*You are not defined by your diagnosis.
With support, understanding and the
right tools, recovery is possible.*



THIS MONTH'S DATES



**FRIDAY
SEPTEMBER 11TH, 2026**



**FRIDAY
SEPTEMBER 25TH, 2026**

Small steps. Big changes. Together.

*Recovery is a journey –
we're here to walk it with you.*



**TRANSPORTATION
PROVIDED**



**705-526-1305
EXT. 1228**

HOW GROUPS LIKE THIS HELP WITH OUR RECOVERY GOALS



Build Connection

Share experiences in a safe, non-judgmental space and reduce feelings of isolation.



Increase Understanding

Learn how mental health and substance use can impact each other—and how to manage both.



Develop Coping Tools

Gain practical strategies to manage symptoms, cravings and daily stress.



Stay Focused on Goals

Group support keeps us motivated and accountable on our recovery journey.



Encouragement & Hope

Hear stories of hope and resilience that remind us we can and do recover.

Healing happens. Hope grows. Recovery is possible.