

Concurrent Disorders Group

EVERY OTHER FRIDAY
10AM - 11AM

SUPPORT

BALANCE

HEALING

GROWTH

YOU MATTER

A SAFE AND SUPPORTIVE SPACE

For individuals who experience both mental health and substance use challenges.



Open discussion and peer support



Build coping strategies



Learn and share in a non-judgmental space



Focus on wellness, balance and recovery



All are welcome

OCTOBER DATES

FRIDAY
OCTOBER
9TH

FRIDAY
OCTOBER
23RD

AWARENESS

UNDERSTANDING

SUPPORT

RECOVERY

STRONGER TOGETHER

Take
one step
at a time.
You are
not alone.



TRANSPORTATION PROVIDED

Please call for ride at



705-526-1305 ext 1228

RESPECT



CONNECTION



WELLNESS



EDUCATION



EMPOWERMENT