Concurrent Disorders

SUPPORT GROUP

Every Second Friday

SUPPORT
BALANCE
PROGRESS
HEALING
HOPE

AWARENESS
EDUCATION
SUPPORT
TOOLS
BRIGHTER DAYS

You Are Not Alone

What is a Concurrent Disorder?

A concurrent disorder (also called a co-occurring disorder) means experiencing a mental health concern and a substance use concern at the same time. These can impact each other, but recovery is possible with the right support, education and tools.

About the Group

Our group is a safe, respectful and welcoming space to learn, share and support each other. We talk about real life experiences, challenges, coping strategies and practical tools to support wellness and recovery. All are welcome—no judgment, just support and understanding.

Why Join?

- Learn new information and coping strategies
- Connect with others who understand
- Build a stronger support network
- Gain tools for everyday life
- Take steps toward a healthier, more balanced you

FRIDAY, NOVEMBER 13TH

Understanding Triggers & Building Healthy Coping Tools

TRIGGERS
AWARENESS
COPING SKILLS
SUPPORT
POSITIVE CHOICES

We'll explore what triggers can look like, how they impact our mental health and substance use, and practical coping strategies to help manage challenges and make healthier choices.

FRIDAY, NOVEMBER 27TH

Goal Setting for a Brighter Tomorrow



Together, we'll talk about what recovery and wellness can look like, set meaningful goals, and explore simple steps to move forward. Learn how to stay motivated and create positive changes in your life.

EVERY SECOND FRIDAY | 10:00 AM – 11:00 AM

NEW PARTICIPANTS ARE ALWAYS WELCOME!



TRANSPORTATION PROVIDED
705-526-1305 ext 1228

SAME PEOPLE
SAME SUPPORT
BRIGHTER
DAYS AHEAD