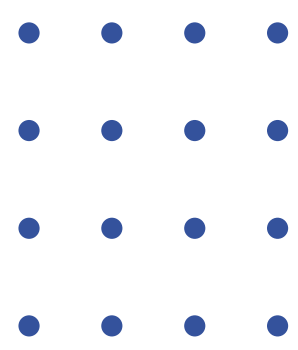
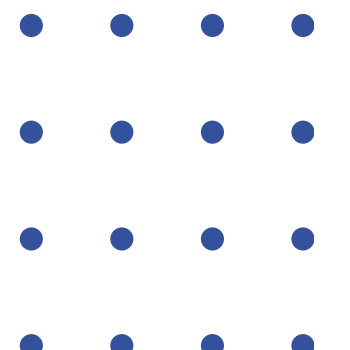


**DROP-INS
WELCOME**

EARLY RECOVERY GROUP



This is an open group for anyone who is wanting to make a change in their substance use



DETAILS:

Group facilitators will present topics each session that include:

- Working through triggers and cravings
- Developing new coping skills
- Boundary setting
- And other relevant relapse prevention skills

JANUARY 14 + 28th
FEBRUARY 11 + 25th
1:30 PM - 3:00 PM
TOFINO COMMUNITY
HALL

**You don't have to have a lot of recovery time to participate,
only that you are sober on the day that you attend**



island health

West Coast Mental Health
and Substance Use

More Information:

250-726-1282