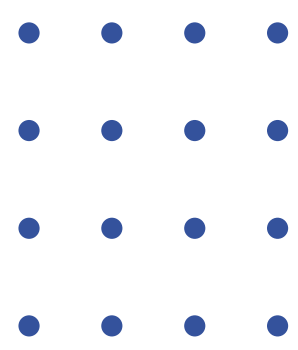
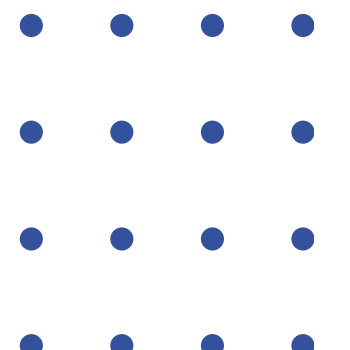


**DROP-INS  
WELCOME**

# 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 15 + 29  
FEBRUARY 12 + 26  
UCLUELET  
272 MAIN ST  
1:30 PM - 3:00 PM

**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**