

Want to reduce your drinking or drug use?



confidential



easy-to-use



connect 24/7

Or stop completely?

Take the first
step.
You can do it!

Try Breaking Free!

www.breakingfreeonline.ca

A self-help wellness and recovery support program for alcohol and drugs.



How to scan:

1. Open phone camera (some devices may require the download of a scanner app)
2. Point camera at the QR code
3. Wait for code to scan
4. Open QR code content (pop up)

Bridge **the** gapp



Breaking **Free**