Want to reduce your drinking or drug use?



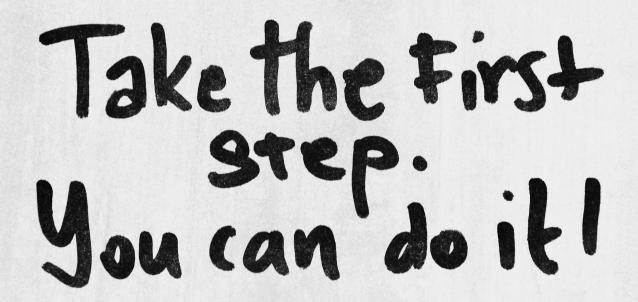




confidential

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Or stop completely?



Try Breaking Free!

www.breakingfreeonline.ca

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



How to scan:

- 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)



