



NL Health
Services

ADDICTIONS EARLY RECOVERY GROUP



WHO?

- ✓ Are you struggling with addiction/substance use?
- ✓ Do you want to start making changes in your use?
- ✓ Are you interested in learning strategies to help you cope?
- ✓ Do you want to learn how to live a life free from addictions?
- ✓ Are you looking for a safe & supportive environment to get support and connect with others?
- ✓ Are you age 18+?

If you answered yes to these questions then this group is for you!

WHERE & WHEN?



Wednesdays

from 1:30-3:30 (island time)



Virtual

via Zoom



Ongoing

We encourage you to attend each week (or as often as possible)



Attendance

Participants must be in the province of Newfoundland and Labrador to attend.

HOW TO REGISTER:



Email: nlgroups@nlhealthservices.ca

Facilitators are Local Clinicians from NL Health Services
Mental Health and Addictions Programs