

Provincial

# Addictions Drop-in Group

AGES 18+

VIRTUAL BY ZOOM



## Addictions Drop-In Group

\*For anyone struggling with addiction (alcohol, drugs, gambling, other)

\*Abstinence can be your goal, but we also explore Harm Reduction

\*You don't have to have a lot of recovery time under your belt, you just have to be sober on the day you attend

\*You need to be in the province to attend

\*Learn how to cope with day to day life & build a brighter future



Safe Space



Learn new things



Holistic Approach

## DETAILS

- ✓ Tuesdays
- ✓ 6-7:30 island time
- ✓ come once, or as often as you like
- ✓ sign up to receive weekly email with zoom link
- ✓ topic and focus for each session is generated by the participants



Email  
[addictionsgroups@easternhealth.ca](mailto:addictionsgroups@easternhealth.ca)



NL Health  
Services