Provincial

Addictions

Drop-in Group

AGES 18+

VIRTUAL BY WEBEX



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 the link
- topic and focus for each session is generated by the participants

Email
nlgroups@nlhealthservices.ca

NL Health Services