



SUPPORT GROUP

Designed with peer support to provide self-help information and coping strategies to assist you in enhancing your skills and building the confidence to live a more anxiety-free life.

Learn how to apply recovery concepts and work toward success with the end goal of a more active and fulfilling involvement in your own community and life.

Eight Week Group

Simcoe: Tuesday's September 19– November 7(6-8pm)

Or

Townsend: Thursday's September 21- November 9 (10am-12pm)

Register by **August 11**

Call for more information or to register

519-587-4658 x 2150 (Monday through Friday)

