

OPEN SUPPORT GROUP

Who:

Everyone is welcome to attend. Participants must be respectful, non-judgmental, and welcoming.

What:

An open group that is peer-led and focuses on topics related to mental health & addiction recovery.

Where:

Our Place – Social Club lounge.

When:

Every Tuesday at 2:30 – 3:30 pm. The third Tuesday of each month will be cancelled due to the member's meeting.

Why

Because we believe that sharing our lived experiences, supporting each other, and discussing topics that matter most to us is a critical piece of recovery.

No sign –up required! Hope to see you there!

Offered by the Patient/Client & Family Council
A peer led non-profit organization offering services to clients and families accessing the Mental Health System.

