


HOPE for Mothers Group

Healing Our Paths Everyday

February 2020



		Tuesday	Friday		
<p>Tuesday: Life and Parenting</p> <p>Making Healthy Lifestyle Changes</p> <p>Get support with:</p> <ul style="list-style-type: none"> • Parenting • Self-care • Well-being 	4	<p>Pre & Post Natal Care</p> <p>12:00pm-2:00pm</p> <p>Metis Nation</p>	7	<p>Making Changes in Substance Use</p> <p>12:00pm-2:00pm</p> <p>Relapse Prevention</p>	<div style="background-color: #0070C0; color: white; padding: 10px; border-radius: 15px; text-align: center;"> <p>LUNCH PROVIDED</p> </div> <p>Friday: Making Changes</p> <p>Make and Maintain Changes to Your Use</p> <p>Including support for:</p> <ul style="list-style-type: none"> • Relapse Prevention <ul style="list-style-type: none"> • Life skills • Parenting
	11	<p>Healthy Lifestyle & Parenting</p> <p>12:00pm-2:00pm</p> <p>Relapse Prevention</p>	14	<p>Making Changes in Substance Use</p> <p>12:00pm-2:00pm</p> <p>Positive Self Affirmations</p>	
	18	<p>Healthy Lifestyle & Parenting</p> <p>12:00pm-2:00pm</p> <p>Relapse Prevention & Self-Care</p>	21	<p>Cooking with Good Food Box</p> <p>** Arrive by 12:00pm**</p> 	
	25	<p>Healthy Lifestyle & Parenting</p> <p>12:00pm-2:00pm</p> <p>Shrove (Pancake) Tuesday</p> <p>Women's VOICES</p>	28	<p>Making Changes in Substance Use</p> <p>12:00pm-2:00pm</p> <p>Relapse Prevention</p>	

CHILD MINDING IS AVAILABLE!

Contact Information:

Christina: 683-4705 or 630-3182

Carol Lee: 683-4706

Kyla: 684-1891

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Things to know before you come:

- We welcome moms with children (6 years old & under) and moms-to-be at all stages of their recovery.
- This is a women's only site.
- When you arrive at Hope Place, the inside door will be locked for safety. Please ring the door bell and one of our staff will let you in.
- Confidentiality of all women is very important. Information that is shared during HOPE for Mothers Group time is to remain confidential.
- To keep us all healthy, if your child is not feeling well, we ask that they be kept at home. Please keep children who have head lice, scabies, eye infections, or bed bugs at home as well.



Hope Place is in Thunder Bay Counselling and provides a safe and nurturing environment that is non-judgmental and confidential.