



BELIEVE

ROAD TO

WELLNESS

GROUP

THE ROAD TO WELLNESS GROUP is a group for people who are having problems in their life because of substance use. You can attend no matter where you are at in your journey if you'd like to learn about making changes.

To register, speak with your Thunder Bay Counselling worker or call
807-684-1880

Sessions Focus On:

- Signs of Relapse
- Preventing Slips and Relapse
- Managing High Risk Situations
- Making Change
- Coping Skills and Understanding Mental Health

Dates

Ongoing weekly group
Thursdays 1:30pm - 3:00pm

Location

Thunder Bay Counselling
544 Winnipeg Avenue,
Thunder Bay

Eligibility:

Adults aged 18 or older.