



Bridges to Health

A day treatment program for adult women who are concerned with their substance use

WOMEN'S AFTERCARE GROUP

A weekly support group for women who have completed the Bridges to Health intensive (2-week) treatment program

Aftercare provides a comfortable space to share, learn and connect with other program alumni. The group is facilitated by a program Counsellor and emphasizes the importance of peer support within the group.

Registration is required. New members are eligible to join the group within 1 month of completing the intensive program, following a brief assessment meeting with a program Counsellor. Regular attendance is required and members may participate for up to nine months.

Tuesdays, 5:30pm – 7:30pm

Bridges to Health
71 Ann Street
Kitchener, ON N2B 3T3

There is no cost to participate in the group.

Light refreshments will be provided. Please advise of any allergies or other accommodations needed.

Free on-site and street parking. Bus tickets may be available upon request.

To register please contact Fiona at Bridges to Health
519-742-8327 x 231 or B2Hinfo@houseoffriendship.org