

Older Adult Recovery Group

Via Healthcare Zoom



This group is
open to all genders, ages 55+

**To register call Here 24/7
at 1-844-437-3247**

For more information call
**Dianne at
519-742-8327 x259**

Virtual Older Adult Recovery Group

**Mondays from 1pm—3pm
1st and 3rd Monday of the month**

Are you 55+ and want to continue to enhance your quality of life, build up an awareness and feel connected to others? Do you have a concern about your substance use? If so, please join us twice a month to explore substance use, recovery, aging, relapse prevention and more! Together we will learn ways to cope and find hope while connecting with others.

24 hours substance free is required prior to attending group

To Register:

1. Call Here 24/7 to complete a “My Assessment”
2. Complete a phone intake with a House of Friendship Addiction Counsellor
3. “Drop-in” and attend the virtual Older Adult Recovery Group (link sent day of)

If you are a current HOF program participant, please register through your counsellor. You do not need to call Here 24/7.