



South Coast Wellness
Addiction and Mental Health

Healthy Relationships

Learn to...

Set Healthy Boundaries

Maintain Self-Respect

Build Healthy Relationships

Six Week Group

Simcoe: Monday's Feb 24- Mar. 31 (10:30am-12:30pm)

Or

Simcoe: Tuesday's Feb. 18-Mar. 25 (3:30pm-5:30pm)

Or

Caledonia: Thursday's Feb. 20-Mar. 27 (9:30-
11:30am)

Register by February 7, 2025

For more information or to register call

519-587-4658 x 2150 (Monday through Friday)
1 877 909 4357 www.southcoastwellness.org