



South Coast Wellness
Addiction and Mental Health

Crisis Survival Skills

What is a crisis and How do I cope?



SIX WEEK GROUP

SIMCOE: Tuesday May 13-June 17 (3:30-5:30pm)

SIMCOE: Monday June 2-July 7 (10:30am-12:30pm)

CALEDONIA: Thursday May 15-June 19 (9:30am-11:30am)

TRANSPORTATION AVAILABLE IN HALDIMAND AND NORFOLK

MORE INFO

or to register CALL
519-587-4658 ext 2150
Monday through Friday

1 877 909 4357

www.southcoastwellness.org