



**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 12-June 16 (3:30-5:30pm)

SIMCOE: Monday June 1-July 6 (10:30am-12:30pm)

CALEDONIA: Thursday May 14-June 18 (9:30am-11:30am)

***TRANSPORTATION AVAILABLE IN HALDIMAND AND NORFOLK***

**MORE INFO**

or to register CALL  
519-587-4658 ext 5  
Monday through Friday

1 877 909 4357

[www.southcoastwellness.org](http://www.southcoastwellness.org)