

Addiction and Mental Health Services

HOPE for Mothers Group

Support for mothers looking to make changes to their drug or alcohol use.



HOPE for Mothers Group

Dates:

6-week group starting May 3, 2024
Fridays from 10am – 1pm

- Lunch provided
- Child Minding available

Location:

Our Kids Count Westfort site:
1315 Crawford Ave.

Eligibility:

- 16 years of age or older
- Pregnant and/or a parent to children ages 0-6
- Have identified a concern with substance use
- Able to commit to all sessions

TOPICS INCLUDE:

- Harm Reduction & Relapse Prevention
- Coping with Abuse & Creating Safety
- Healthy Relationships
- Health
- Self-care & Self-Compassion

To register please call Thunder Bay
Counselling Intake Services at

807-684-1880



This group is in partnership with Our Kids Count.

tbaycounselling.com



Healing Our Paths Everyday.