

# Take Time Fridays

A **free, drop-in group** for you to **learn more** about mental health and addictions, get **support**, and talk to others about how to **enrich your life**. Take time to **improve your wellness!**

**Every Friday starting October 17, 2014**  
**10:30 a.m. to 12 p.m.**

**at ADAPT, 777 Guelph Line,  
Suite 214, Burlington**

Light refreshments provided.

Working Together . . .

**CCDP**  
community concurrent disorders program

*. . . Towards Recovery*



**Ontario**

Mississauga Halton Local  
Health Integration Network  
Réseau local d'intégration  
des services de santé de  
Mississauga Halton

**For more information,  
call (905) 693-4270.**