

THE COMMUNITY WITHDRAWAL MANAGEMENT SERVICES (CWMS) DROP-IN GROUP

- ◆ ARE YOU USING SUBSTANCES?
- ◆ ARE YOU LOOKING FOR SUPPORT TO MAKE OR MAINTAIN CHANGES?

If you answered yes to either question, then the CWMS drop-in is for you. This group supports people in the Halton community looking to examine their substance abuse.

Whether you have already made changes to your use or are just looking for options, this group is for you.

Topics include:

- √ Healthy living skills
- √ Budgeting
- √ Self esteem
- √ Healthy relationships
- √ Additional topics are added at the request of the group

TIME: Wednesdays @ 6:30 p.m. - 8:00 p.m.

LOCATION: ADAPT Milton office @ 245 Commercial St., Unit B1

Services are free,
confidential and
client-centred

For more information or to
reserve a seat call:
905-827-5320

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