

- **COMFORTABLY UN-NUMB**
~ **waitlist for 2026** ~

Tuesday - Friday
9:30am - 12pm
4-week psycho-educational group focusing on valuable topics in early recovery.
Call the office to register.

MONDAY

- **INTENSIVE JOURNALING**

6:00 - 8:00pm
6-week group exploring the meditative, effective writing process for recovery and restoration from trauma.
Call the office to register.

THURSDAY

- **SMART RECOVERY**
DROP-IN

6:00 - 7:30pm
The SMART approach is a science-based recovery group using tools based on rational emotive behavioral therapy. SMART practices the 4 point system:
building and maintaining motivation, managing thoughts, feelings and behaviors, and living a balanced life.

DROP-IN N.A. NOONER

Monday-Friday
12-1pm

A supportive space for those struggling with addiction. Have the opportunity to share experiences, offer advice, and encourage. No registration needed.

FRIDAY

- **MEN'S SUPPORT GROUP**
DROP-IN

6:00 - 7:30pm
Facilitated by staff, but peer-driven, this support group is for those who identify as men struggling with substance use and/or mental health struggles.

SATURDAY

- **WOMEN'S GROUP**
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9:30am - 12pm
6-week support group focusing specifically on the needs of those who identify as women in early recovery. Facilitated by women, for women.
Call the office to register.



2675 Bridge St

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wecanhelp@umbrellasociety.ca



Zoom Groups

WEDNESDAY

- **SMART RECOVERY**
12-1:30PM

A guide through the tools of the SMART(Self-Management & Recovery Training) program.

THURSDAY

- **HAMMER TIME**
7-8PM

Provides those in the trades with an opportunity for connection, support, and education.

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