



Holistic Recovery Group

\$125.00

**info@mhaso.ca
to register!**

We aim to support mental health and reduce relapse rates through:

1. Addressing the underlying issues that contribute to addictive behaviours, both individually and collectively.
2. Sharing and learning coping skills, self-regulation techniques, and motivational tips and tools to navigate challenges and triggers.
3. Mindfulness and meditation.

When & Where *2 weekly options:*

The Holistic Recovery Group meets once a week for 90 minute sessions over 6 weeks:

- In-person on Tuesday's Starting April 16th @ 6:30 pm - 8:00 pm
 - In-person on Thursday's Starting April 18th @ 10:00 am - 11:30 am
- Held at M.H.A.S.O. 200-1489 Merivale Road, Ottawa, ON, K2E 5P3

The facilitator of this group is an Associate Addictions Counsellor, Registered Holistic Nutritionist, and Reiki Master Teacher.

Energy healing will be offered within the group space to those who are open to receiving. Those who aren't open to receiving are still welcome to attend!