



Holistic Recovery Group

\$175.00

**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

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

- In-person on Tuesday's Starting June 11th @ 6:30 pm - 8:00 pm

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!