



Hay River Health & Social Services Authority | Administration des services de
santé et des services sociaux de Hay River
37911 MacKenzie Highway | 37911 route Mackenzie
Hay River, NT X0E 0R6 | ☎ (867) 874-8000 📠 (867) 874-8141

LIVING IN BALANCE

RECOVERY DROP IN GROUP

Starting November 1, 2022 (Open Group)

When: Tuesdays, Wednesdays, &
Thursdays

Who: Adults (18+)

Time: 9:30am – 12:00pm

Location: Community Counselling
Services (located in the
Gensen Building)

**Please join us if you are
interested in learning about
the following topics:**

- biological aspects of addiction and substance use
- triggers, cravings and avoiding relapse
- planning for sobriety
- skills for reducing stress
- communication, and many other topics...

If you have any questions or for more information please call:

(867) 874-8450