

Addiction and Holiday Season



- Dreading the upcoming Christmas & New Year's holidays?
- Struggling with addictions?
- Are you in recovery?
- Want to learn how best to avoid relapse (triggers and cravings) during Christmas and New Year's Holidays?

Come by the Healing Centre. With help and sharing, you can enjoy the holidays without drinking or using.

Where: Moose Cree Healing Centre

Presenter: Brian Linklater

Date: Thursday, December 1, 2016

Time: 7:00 - 8:00 p.m.

Don't let the holidays bring you down.