

# The Next Stepp

SUPPORT & RECOVERY MAINTENANCE GROUP

FREDERICTON/OROMOCTO

*- Currently operating remotely*



CAPITAL REGION  
MENTAL HEALTH & ADDICTIONS

*This is a support group for those who have **completed** the STEPPS program with **Horizon's Addiction and Mental Health Services**. This group is designed to be the "next step" in the recovery phase.*

*This group will provide opportunities to strengthen and refresh skills and lessons covered in the STEPPS and STAIRWAYS programs through group discussions, activities, and more*

*Meetings will be held virtually on  
the third Monday of each month  
6:30 PM - 8:00 PM*

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*To register please contact us  
Phone: 458-1803  
Email: [office@crmhaa.ca](mailto:office@crmhaa.ca)*

Please note that if schools are closed, there will be no meeting