

The Next Stepp

SUPPORT & RECOVERY MAINTENANCE GROUP

FREDERICTON/OROMOCTO



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*

*To register please contact us
Phone: 458-1803
Email: craig.shaw@crmhaa.ca*

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