

HAMMER TIME

THURSDAYS 7-8PM VIA ZOOM

**A SUPPORT GROUP FOR PEOPLE WORKING IN
CONSTRUCTION, TRADES, FORESTRY & TRANSPORT.**

Are you finding that substance use is starting to negatively
impact your life?

You're not alone.

A blend of education, conversation and practical coping
strategies. The group will be facilitated by Umbrella Staff with
lived experience and who worked in the construction industry.



Join us on Zoom
Thursdays 7pm to 8pm
ID: 845 2308 9259 CODE: 379893
No registration necessary.

For more information:
www.umbrellasociety.ca
250.380.0595

'TAILGATE TOOLKIT'

VICA


umbrella
Reaching Recovery Together