



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.

Hammer Time is a confidential, peer-led support group specifically for those working in construction, trades, forestry, or transportation. The group is facilitated by Umbrella Society staff with lived experience within 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