

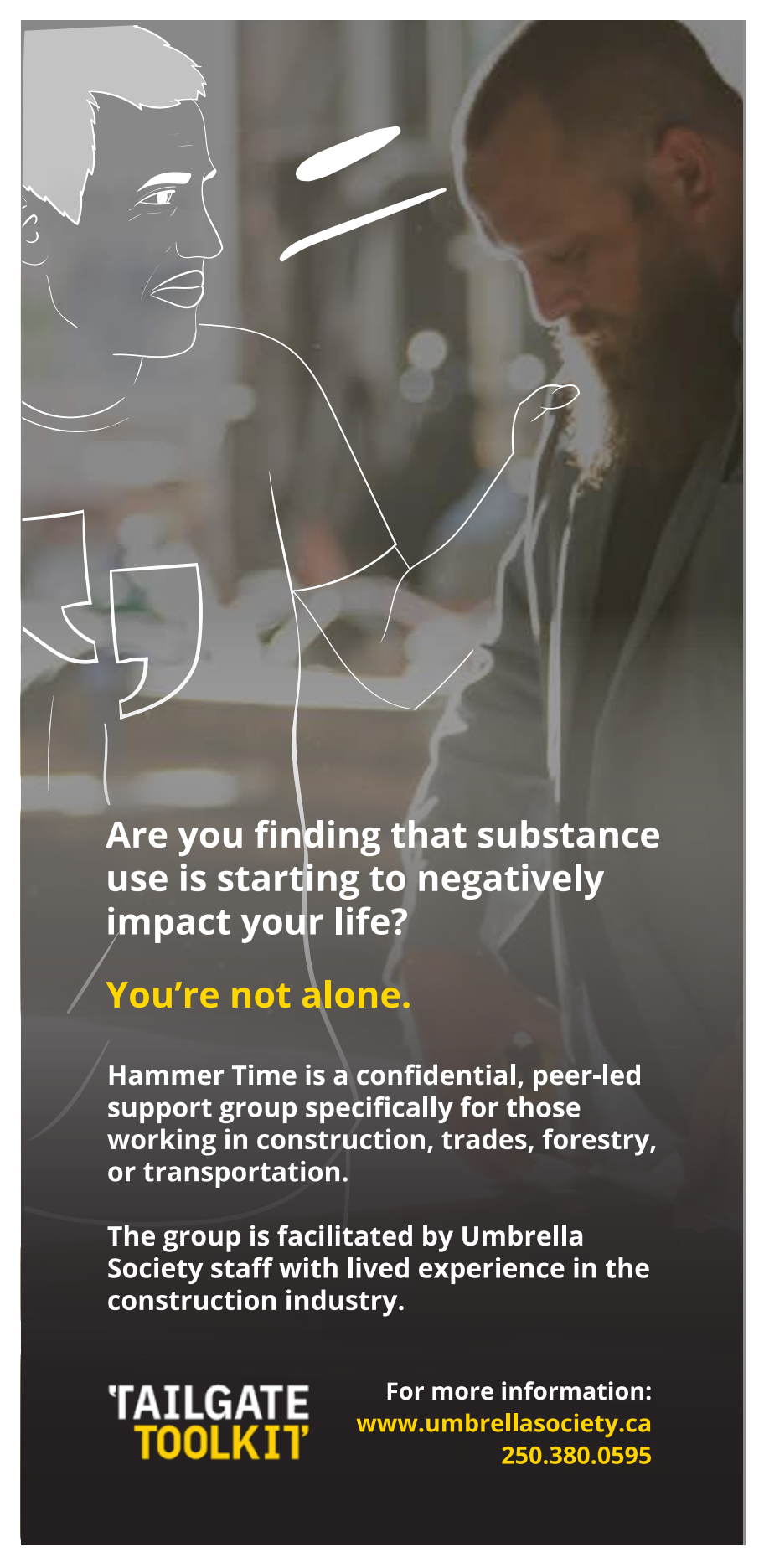
# HAMMER TIME

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

**THURSDAYS 7-8PM**  
**VIA ZOOM**

Confidential  
Peer-Led  
Supportive  
Industry-Focused





**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 in the construction industry.

**'TAILGATE  
TOOLKIT'**

For more information:  
[www.umbrellasociety.ca](http://www.umbrellasociety.ca)  
250.380.0595