



**TUESDAYS | - 2PM VIA ZOOM**

# **CONNECTIONS**

## **INFO:**

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Beginning May 25th 2021, Umbrella Society and Island Health (Mental Health & Substance Use) are teaming up to offer a welcoming, safe and accessible group via Zoom for people who:

- Want support for their own issues with addiction, or for a loved one.
- Are considering reducing or stopping substance use.
- Are looking to make supportive connections in the community.
- Have questions about substance use services available for themselves or family members.

**Family members, friends and supporters are all welcome to attend.**

**For more information please contact Island Health at 250-519-3544 or Umbrella at 250-380-0595.**

**To learn more or join the group, please visit  
[www.umbrellasociety.ca](http://www.umbrellasociety.ca)**