

JohnHoward
SOCIETY OF TORONTO

Weekly Relapse Prevention Group



A non-12 Step approach to substance mis-use utilizing a psycho/social model. Topics include setting achievable goals, moderation, harm reduction, health and wellness and developing strategies to avoid relapse. Group is Friday afternoons from 1pm until 3 pm. Must complete intake assessment. Certificate of completion provided. For more information, please call:

John Howard Society of Toronto
1669 Eglinton Ave. West (2 blocks east of Dufferin St.)
Telephone 416-925-4386 x 226 for more info
Next start date is Friday, October 25th, 1pm—3pm