



CONNECTING FOR WELLNESS

a wellness group for people
who are impacted by a loved
ones substance use

Groups will alternate between sharing
circles, guest speakers, + fun activities

Drop-in every Friday
from 12pm-2pm at
AVI Health Centre
#111-2787 Jacklin Rd.
Starting April 26th

For more information contact Lana
Lana.Fine@avi.org • 250-384-2366

westshore
avi health centre

