



FREE ONLINE SUPPORT GROUP

CONNECTING IN TRANSITIONS

Finding balance in the midst of uncertainty

NEXT GROUP: SEPTEMBER 2021

10 SESSIONS OVER 10 WEEKS

2 HOURS PER WEEK

10 PARTICIPANTS

FACILITATED BY AN RCC

- *Build connection with others*
- *Explore personal challenges in a supportive environment*
- *Promote well-being and resilience*

REGISTRATION REQUIRED

APABC@ADLER.BC.CA

604-742-1818

These groups have been made possible by donations to The Adler Centre. Our groups are primarily for those who currently are unable to afford individual counselling. Please note, group work cannot replace individual counselling and may not be a good fit for everyone.