

# ONLINE SUPPORT GROUP

## *CONNECTING WHILE APART: NAVIGATING THE CHALLENGES OF UNCERTAINTY*

6 weeks - 2hr a week - <10 Participants - Free of Charge

**Starting Soon!**

**Requirements: registration, brief intake, & a commitment to  
all 6 sessions**

Contact our Office Manager for registration

[apabc@adler.bc.ca](mailto:apabc@adler.bc.ca)

604-742-1818

While group work cannot replace individual counselling, it can still offer connection, support, and the opportunity to hear different perspectives.