NORTH OF SUPERIOR COUNSELLING PROGRAMS
Programmes de Counselling Nord du Supérieur

Motivational Mondays for Adults 18+

REMINDER

Every Monday from 1:00 pm - 2:30 pm

Substance Use Health Virtual Conversational Webinars

Stay connected on our Events Page!

Monday, September 28: Safety & Coping

Safety is the foundation of healing. This webinar introduces safety as the first step in recovery. Participants explore what safety means to them and learn practical coping skills that support stability, choice, and overall well-being.

Scan the QR code to register or copy and paste link:
https://forms.cloud.microsoft/r/nxeh3RXqWy

North of Superior Counselling Programs Motivational Monday Webinars Registration Form

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REGISTER

www.nosp.on.ca/events

Registration Support? 1-877-895-6677