NORTH OF SUPERIOR COUNSELLING PROGRAMS
Programmes de Counselling Nord du Supérieur

Motivational Mondays for Adults 18+

Substance Use Health Virtual Conversational Webinars

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

Monday, October 5: Healing From Anger

This webinar explores anger as a natural emotion and how it can impact well-being and recovery. Participants are supported in understanding how anger can be both helpful and harmful, and how it may show up as a learned pattern over time.
The session introduces practical strategies to recognize anger early, respond in safer ways, and better understand the needs behind it. Participants will reflect on their own experiences and learn skills to express anger in ways that support healthier relationships and overall well-being.

Monday, October 19 - Taking Your Power Back

Taking Your Power Back offers supportive, easy-to-understand information about trauma and how it can affect substance use and overall well-being. Participants will explore topics such as understanding trauma responses, how trauma and substance use can become connected, ways to use compassion to reclaim personal power, and recognizing long-term impacts of trauma.

Monday, October 26 - When Substance Control You

When Substances Control You explores how substance use can impact well-being and healing. Participants are guided to reflect on their relationship with substances, understand mixed feelings about change, and learn practical, realistic steps toward recovery and support—at their own pace.

North of Superior Counselling Programs Motivational Monday Webinars Registration Form

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

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