



Interior Health



8 PART WORKSHOP SERIES FOCUSED ON ADDICTION RECOVERY

Where Paths Cross

What you will learn:

- The Stages of Change
- Identifying Triggers and Craving
- Building Communication Skills
- Emotions and Relationships
- and more



starting

**MARCH 25,
2026**

**OPEN
TO ALL
19+**

Wednesday's from
10:30 AM - 12:00 PM
for 8 weeks

XFN Health Boardroom



csreceptionist@xatsull.com
or 250-989-2355