

# RESTORING BALANCE

*Finding Healthier Balance in Our  
Relationship with Substances*



8-Week Recovery Group  
**March 9 - April 27**  
**Mondays | 5:30 – 7:00 PM**  
**XFN Health Boardroom**



You are not alone. Join us for an 8-week healing circle focused on support, connection, and building practical tools for recovery.

Facilitated by Cora Fraleigh, MSW, a compassionate social worker who blends traditional teachings with practical relapse prevention and skill-building strategies to support lasting change.

Together, we will create a culturally safe and supportive space where healing, belonging, and strength can grow.

Snacks provided  
Incentive for full attendance  
All are welcome.



250-989-2355 or [csreceptionist@xatsull.com](mailto:csreceptionist@xatsull.com)