

NEW!

Managing Personal Wellness & Recovery (MPWR) Group

Access information, support and tools

Rotating weekly topics

No registration or referral required - just drop by!

Thursdays, 1:00 pm – 2:30 pm

Starting February 23, 2023



552 Princess Street, Kingston

COVID Protocols in Place

Please bring your mask, if you do not have one, one can be provided for you.

Rotating weekly topics include:

Distress Tolerance | Emotion Regulation

Interpersonal Effectiveness | Mindfulness



Questions? Contact us:

613-544-1356 or

info@amhs-kfla.ca