\*Previously known as Addiction and Wellness Program

The next Individual Wellbeing Group dates and events are as follows:

October 11th Bowling at Galaxy Bowling Lanes 1-4pm (Must have attended a previous CARE Group to participate)

October 25th Community Kitchen 1-3pm @ Community Centre Smoking Side

*A choice of snack and a drink will be provided @ Bowling & a light lunch and refreshments will be provided for groups at the Community Centre*

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