

NEW! We now meet in the evenings, Mondays 6-8:30

# John Howard

THE JOHN HOWARD SOCIETY OF MANITOBA



## Healing & Harm Reduction Substance Use Program

*This is a place for men to talk about their substance use and create plans specific to fit their needs.*

*We offer one-to-one support from a caseworker and access to an Indigenous Spiritual Advisor.*

- 16-sessions
- open-group program
- uses a harm-reduction model
- incorporates Indigenous culture

**Change from the inside**

**Time:** Mondays, 6:00 - 8:30 p.m.

**Format:** Online, Zoom, email, telephone (due to COVID19)

**Brochure:** [johnhoward.mb.ca/healing](http://johnhoward.mb.ca/healing)

For info or to book an intake, contact:\*

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or

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\*Due to COVID-19 restrictions, JHSM staff are working outside the office, expect delays in staff receiving and responding to voice mail messages.