

Women's Addiction Recovery Mediation (WARM)

For women, 16+, who experience addiction or are affected by a loved one's addiction

**Group locations or times may change. Please contact the YW to confirm most recent information.
Intake appointment must be completed prior to attending Programs and Services.

Fort Erie

Support and Skills Group

Monday Evenings, 6 - 7:30pm

At the Canadian Mental Health Association, 20 Jarvis St.

Voices Beyond Addiction

Friday Afternoons, 12:30 - 2pm

At Bridges Community Health Centre, 1485 Garrison Rd.

Niagara Falls

Support and Skills Group

Tuesday Evenings, 6 - 7:30pm

At the YWCA Niagara Region, 6135 Culp St.

Peer Support Group

Thursday Evenings, 6 - 7:30pm

At the YWCA Niagara Region, 6135 Culp St.

St. Catharines

Motivation Group

Thursday Afternoons, every three weeks, 2 - 3:30pm

At the Women's Withdrawal Management Centre, 6 Adams St.

Welland

Support and Skills Group

Thursday Evenings, 6 - 7:30pm

At the Hope Centre, 570 King St.



For more information contact us at:

905-988-3528 Ext. 4022

warm@ywcaniagararegion.ca

6135 Culp St. Niagara Falls, ON



www.facebook.com/YWLifeSkills

*Groups will not be conducted on statutory holidays.

*Groups will be cancelled in dangerous weather conditions.



YWCA NIAGARA REGION

Hope for Homeless Women and their Families since 1927