

Women's Addiction Recovery Mediation (WARM)

WARM is a support group for women-identified individuals ages 16+, who experience addiction or who's lives have been impacted by addiction. We respect confidentiality and offer non-judgmental support in a welcoming and safe space. WARM offers a space for weekly discussion with continuous intake, this allows participants to start at any point in the program without mandatory attendance expectations. WARM celebrates and empowers a woman's ability and power to make choices, decisions and positive change.

**Group locations or times may change. Please contact the YW to confirm most recent information.*

Fort Erie

Support and Skills Group

Monday Evenings, 6 - 7:30pm

At the Canadian Mental Health Association, 20 Jarvis St.

Crystal Beach

Support and Skills Group

Thursday Afternoons, 1:15-2:45pm

After the Lighthouse Diner , 241 Elmwood Ave

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.

Welland

Support and Skills Group

Thursday Evenings, 6 - 7:30pm

At the Hope Centre, 570 King St.



For more information contact Meredith at:

905-246-4483 (call or text)

warm@ywcaniagararegion.ca

6135 Culp St. Niagara Falls, ON



www.facebook.com/warmniagara

*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