



ONLINE SUPPORT GROUP

CONNECTING WHILE APART: NAVIGATING THE CHALLENGES OF UNCERTAINTY

10 weeks - 2hr a week - <10 Participants - Free of Charge

Starting Soon!

**Requirements: registration, brief intake, & a commitment to
all 10 sessions**

Contact our Office Manager for registration

apabc@adler.bc.ca

604-742-1818

While group work cannot replace individual counselling, it can still offer connection, support, and the opportunity to hear different perspectives.