

Feeling overwhelmed, unhappy, or lonely?  
Struggling with anxiety, depression, or anger?  
Using alcohol, drugs, or unhealthy behaviours to  
cope?

# West Shore Teen Recovery Group

A safe, non-judgmental, free group for teenagers aged 13 – 19 who are interested in addressing their substance use, connecting with other youth, and learning SMART Recovery and other recovery tools

**Thursdays, 6 – 7:30pm, Starting July 4<sup>th</sup> 2019**  
**West Shore Child, Youth, and Family Centre**  
**345 Wale Road, Colwood**

**For more info call or text 250-217-2414**  
**or email [yfs@bgcvc.org](mailto:yfs@bgcvc.org)**



Boys & Girls Club  
of Greater Victoria