

# UPDATED

## DROP-IN SUPPORT



### ***Come in for:***

Support  
Community resources  
Peer support from other women  
Groups and other social connections

**Mon, Tues, Thurs, Fri**  
**10:00am-11:30am**  
**Wednesdays**  
**3:00-4:00pm**

Light refreshments and access to a computer available

For more information – call **Kaitlin Haley**  
Support Within Housing Counsellor  
**519.942.4122, ext. 364**

