

# UPDATED

## DROP-IN SUPPORT

**Come in for:**

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



**Tuesdays**  
**1st Wednesday of month**  
**Every other Wednesday**  
**Thursdays**

**9:30-11:30 am**  
**4:00-6:00 pm**  
**2:00-4:00 pm**  
**2:00-4:00 pm**

Light refreshments and access to a computer available.

For more information:  
**Sara Flache, Support Within Housing Counsellor**  
**519.942.4122, ext. 364**

