

SELF-HELP GROUPS

Do you want to connect with people experiencing the same diagnosis or issue of concern?

You alone can do it, but you can't do it alone.

Do you want to gather and share information about your diagnosis or issue of concern?



Are you in need of support or guidance?



Are you looking to share your feelings and experiences with like-minded people?

Ask your doctor about different self-help groups in your area or contact the Self-Help Connection.

THE SELF-HELP CONNECTION
www.selfhelpconnection.ca
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Email:selfhelp@eastlink.ca