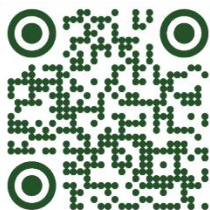


oasis

ADDICTION RECOVERY &
EMPLOYMENT SUPPORT



www.oasismovement.org

BRIDGE TO STABILITY

6 Week Recovery Support Program

For People
recovering from Drug or
Alcohol Addictions who are in
Need Life Stabilization Activities
before returning to school,
training and work.

Bridge to Stability helps individuals build balance, stability, and confidence as they move forward in recovery. This structured 6-week program combines workshops, group discussions, and one-on-one support to move toward personal goals.

- Personal Insight & Development
- Developing & Maintaining Behaviour Change
- Recovery Maintenance
- Relapse Prevention
- Open Topic Sharing Sessions

The Bridge to Stability is intended for individuals who have achieved at least 30 days of abstinence from all mind and mood-altering substances who wish to remain clean and sober.

For any questions and more
information, please call or email us!

416-461-7739

oasis.info@oasismovement.org

921 Danforth Avenue, Toronto

½ block west of Donlands station