

SUPPORT GROUPS

16 Step Empowerment Group for Women: Vancouver – 604-254-9417, 604-257-6949 - Th 13:30–15:00.

16 Steps for Empowerment & Discovery Women's Support Group: White Rock – 604-684-3571 - W 19:00–20:30.

Battered Women's Support Services – First Nations Women's Support & Outreach: Vancouver – 604-687-1867 (604-687-1864) - inside the circle – residential school survivors support group

Battered Women's Support Services – Support Groups: Vancouver – 604-687-1867 (604-687-1864) - drop in support T 12:00–14:00 - empowerment 2nd stage support group - lesbian/bisexual women 10 wk support group - women seeking safety 14 wk support group

Family Place Partnership Project: Port Hardy – 250-949-7330 (250-949-7337) - women's circle

Haven Society: Nanaimo – 250-756-2452, 250-754-0764 - groups for those with histories of domestic violence, childhood sexual abuse & trauma

Healing With Mindfulness: Vancouver – 778-858-1832 - 8 wk recovery group

Kla-how-eya Family Development Programs: Surrey – 604-584-2008 (604-588-1850) - women's circles

Nawican Friendship Centre: Dawson Creek – 250-782-5202 (250-782-8411) - adult drop in, women's group, culture group, sharing circle & mental health support groups

Positive Women's Network: Vancouver – 604-692-3000 (604-684-3126) – Th night group for newcomers

Salvation Army Nanaimo Ministries: Nanaimo – 250-754-2621 (250-753-8071) - boundaries group/program - making changes/good decisions – spirituality - emotions

Seeking Safety: Treatment for PTSD & Substance Abuse – Pacifica: Vancouver – 604-872-5517 - 14 wk group - T 18:00–20:00

Tillicum Haus Native Friendship Centre: Nanaimo – 250-753-8291 - women's & couples support groups - sweats

Women's Addiction Foundation: Burnaby – marijuana recovery support group - T 17:00–19:00 - continuing recovery: an aftercare recovery support group

Women's Addiction Foundation: New Westminster – methadone is recovery group - M 18:30 - recovery skills drop in group - W 16:00–17:00 - dual diagnosis anonymous meeting - Su 19:30–20:30 or W 15:00–16:00 & Th 19:30–20:30 - connections drop in support group - F 13:00–14:00

Women's Addiction Foundation: Vancouver - helping women recover - 16 wk therapy group - \$180/month - creative art drop in group - T 13:30–16:00 - transgender friendly NA meeting - W 19:30–21:00 - harm reduction A&D support group - every other W 17:00–20:00 - drug/alcohol addiction & disordered eating support group - W 15:00–16:30 - sharing circle for HIV+ women - Th 13:00–15:00 - taking a break support group for HIV+ women - Th 18:15–20:00 – dual diagnosis anonymous meetings - Th 19:00–20:00 or Sa 14:00–15:00 – pre-recovery empowerment program