



HOLDING *hope*

Supporting, connecting, and sharing without stigma

ARE YOU IN NEED OF SUPPORT?

Holding Hope Peer Support Groups are for parents, spouses, siblings, and friends supporting loved ones of all ages (including youth 12-24) impacted by problematic substance use. Offered by Moms Stop The Harm.

We offer Holding Hope Peer Support Groups in: Kelowna, Cranbrook, Vernon, East and West Kootenays.

We are looking to establish Holding Hope Peer Support Groups near you in: Penticton, Kamloops, Williams Lake, Trail, Nelson.

www.holdinghopecanada.org

www.momsstoptheharm.com



MOMS STOP THE HARM

A network of Canadian families impacted by substance-use related harms and deaths. MSTH advocates to change failed drug policies and provide peer support to grieving families and those with loved ones who use or have used substances.

Come meet others who are walking or have walked this same path and learn more about resources in your area. Holding Hope offers an opportunity to feel less alone on this journey.

FOR MORE INFORMATION, EMAIL

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