



NTC Clinical Counsellors for Tseshaht Nation presents...



Drop-In Support Group

(for Tseshaht Members)

"Starting April 2023"

**Where: Tseshaht Family Center
(By the Maht Mas Gym)**

When: Every Monday 10AM-12PM

Snacks and beverages will be provided

'Sometimes we just need somebody to talk to'

For more information:

Adult Mental Health Services:

**David Zryd - Teechuktl
(250) 724-3939**

David.zryd@nuuchahnulth.org

**Adult, Child & Youth Mental Health: Leah Wrigley- CYS
(250) 724-0202**

Leah.wrigley@nuuchahnulth.org