



**No  
Referral  
Needed**

# O.A.S.I.S

Overcoming Addictions with Strategies in Self-care

O.A.S.I.S. is an ongoing, open support group for individuals facing challenges related to concurrent disorders (mental health and substance use at the same time.)

Learn new coping strategies and skills to manage mental health and addiction related concerns.

Open to the community.  
No referral required.

## Join Us!



Every Thursday  
1:30 p.m. to 3:00 p.m.



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