

**JOIN US THURSDAYS & SATURDAYS!**

**NIAGARA NORTH FIRESIDE,**

***WELLBRIETY,***

**TWELVE STEP HEALING CIRCLE**



***What is Wellbriety?***

Wellbriety is an Indigenous spiritual and culturally based healing program for those seeking recovery from ***addiction and/or trauma***. The Wellbriety Movement fosters individual and community wellness. Replacing despair with hope, Wellbriety provides unity and forgiveness in a supportive environment. Our Wellbriety Groups support all pathways to recovery and provides Creator-centered healing in a safe and inclusive space. All backgrounds, ethnicities and races are welcome

Come and take part in our twelve step meetings that respects all cultures and is rooted in the teachings of the Medicine Wheel, cycles of life and the four laws of change.

**Thursdays: 6:00 PM to 7:30 PM**

***The "Gathering of Good Minds"***  
***Community Room, Outpatient Mental Health***  
***Unit, First Floor***  
***Marotta Family Hospital,***  
***1200 Fourth Ave., St Catharines, ON***  
***(Parking Lot A)***

**Saturdays: 9:30 AM to 11:00 AM**

***Silver Spire Church,***  
***366 St Paul St., St Catharines, ON***  
***(Rear Entrance. Parking off Bond Street.***  
***Follow the signs to the designated door.)***

For Inquiries about Niagara North Wellbriety, Twelve Step Healing Circles? Email us at: [Wellbriety2025@gmail.com](mailto:Wellbriety2025@gmail.com)



**<https://wellbrietymovement.com>**

