



Breaking Free

Breaking Free Online can have a positive impact on reducing your drug and/or alcohol use while improving quality of life and your recovery progression.

This digital program will provide you with a comprehensive toolkit of recovery resources and strategies, that you can use on your own or in combination with professional supports you are accessing.



How to sign up:

1. Visit **breakingfreeonline.ca**
2. Enter service code **cmhatv21** to set up your account



Canadian Mental
Health Association
Thames Valley
Addiction and Mental Health Services

For services & support:
cmhatv.ca | 519.673.3242