



FINDING HOPE at Group

with Andrea Di Benedetto & Flower Noble

The Sobriety Support Groups at Midcoast Youth Center can be accessed by youth in two age brackets, 12-16 and 16-24. We encourage group members to work together to live a healthy, substance free lifestyle. Our groups are designed for any youth wanting to learn how to give and receive support. Groups address the effects of substance use that they may experience personally and/or among family and friends. Groups are trauma informed and rooted in harm reduction. Group members learn to identify and overcome barriers healthy, independent living through facilitated mutual aid.

Sobriety Support Group

12-16 year olds

Wednesday's 2:45pm-3:45pm

Sobriety Support Group

16-24 year olds

Wednesday's 4pm-5pm



Scan the QR code for
more information!

**JOIN US AT GROUP, CONNECT WITH FRIENDS, & FIND
HOPE TO LIVE YOUR BEST LIFE.**

Call or Text to sign up **207-370-8111**

Food is provided during both Groups

Let us know if you need help with transportation!

All programs offered free of charge!



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207-370-8111



www.midcoastyouth.org/group



All groups will be held in Bath