



Brightshores Lights The Way: Addiction and Recovery Community Presentation

October 2, 2023, 6:00-8:00PM
Harry Lumley Bayshore - The Bayroom

Staff from our mental health and addictions department will be sharing information about the new Wellness & Recovery Centre. Hear from psychotherapist, Ann Dowsett Johnston and from a local client who will share her recovery journey.

This project is the first of its kind in Canada. Based on harm reduction and recovery principles, the Wellness & Recovery Centre will provide a safe environment for individuals in need of support and management of their substance use and mental health concerns.



Ann Dowsett Johnston

Ann Dowsett Johnston is an award-winning journalist, bestselling author and psychotherapist. Ann has worked to destigmatize mental health and addictions. She is the recipient of a Transforming Lives award from the Centre for Addiction and Mental Health (CAMH).