

# Zoom to Noon

**Free confidential online discussion groups** for those managing problematic alcohol and other drug use and/or mental health issues.

Groups are easy to join and accessible anywhere from your device.



**Zoom to Noon** aims to transform the way people connect and support each other via an online platform, to form a community which grows together to improve overall health and wellbeing.



**Groups cover a range of topics including:**

- Relapse prevention
- Recovery stories from those with a lived experience
- Support for family/whānau

For session times and topics visit **[mherc.org.nz/zoom](https://mherc.org.nz/zoom)**



Want more information?  
Email us [zoomtonoon@mherc.org.nz](mailto:zoomtonoon@mherc.org.nz)  
Or call us on 0800 424 399