



Breaking Free is an evidence-based online program that you can access 24/7 on ANY desktop, tablet or smartphone!

Go to www.breakingfreeonline.ca and click on SIGN UP

Then use this Service Code to create your account:

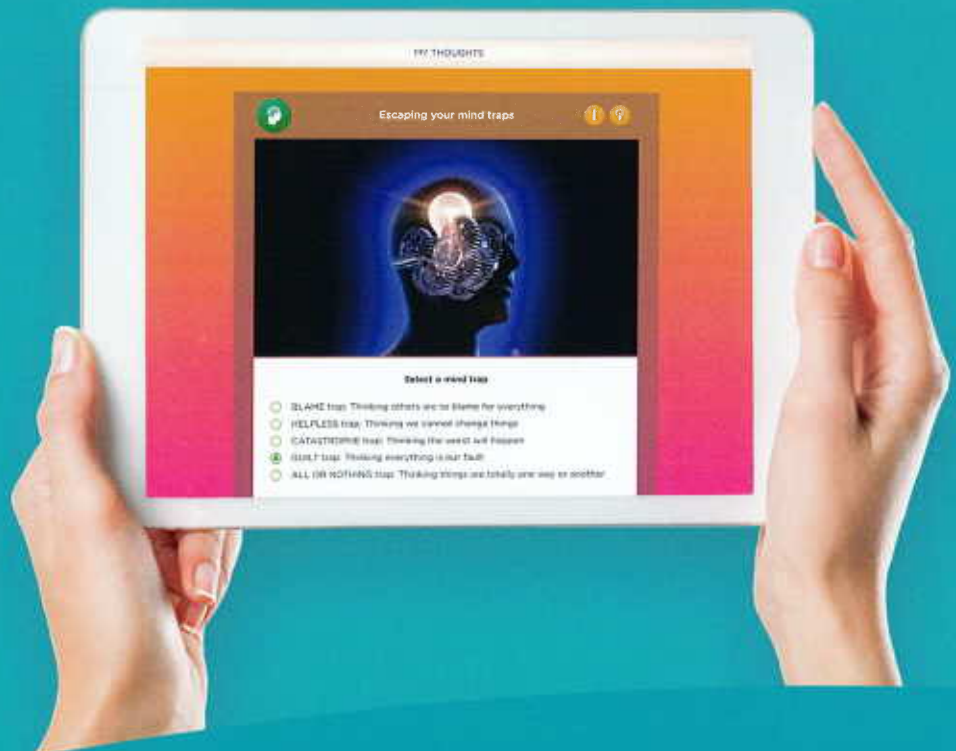
Cmhatalva1

Gives you proven behaviour change techniques

Helps you manage high-risk situations

Easy to use and completely confidential

Supports you at every stage of your recovery journey



If you have an Android phone or iPhone, download the free Companion app too

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