

FALL 2015  
ADDICTIONS COMMUNITY-BASED  
SERVICES PROGRAM SCHEDULE



ADDICTIONS COMMUNITY-BASED SERVICES

Offers support to individuals, in the community, in their ongoing recovery from alcohol, substances, nicotine and gambling. Services include group therapy, one-on-one counseling and recreation therapy. Services are also available for family and friends of those who are harmfully involved with substances and/or gambling.

**All of our services are NO COST and CONFIDENTIAL.**

To access any of our programs and services, or for more information, simply call our **Central Intake line at 902-424-8866 (toll free 1-866-340-6700)**. The Central Intake line is open Mondays from 8:30am - 7:30pm, Tuesdays - Fridays from 8:30am - 4:30pm.

Must be a registered client of the Addictions Program to participate in any group.

### **O** Open Groups

These are ongoing groups you can join at any time during your Recovery.

### **C** Closed Groups

These groups run for a limited time and a referral from your Addictions Services counselor is required in order to attend. If you are interested in a closed group, please discuss with your counselor.

### **R** Registration Required

These are groups that are open, however, interested participants must call and register to attend.

**Call 902-424-8866 or  
toll free 1-866-340-6700**

## RECOVERY GROUPS **O**

Recovery groups are open support groups that focus on sharing common experiences, strengths, skills and strategies which have enabled people to reduce harm caused by substance use and/or gambling and increase health and wellness.

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| Mondays | 6:00pm - 7:30pm (except holidays)<br>1673 Bedford Row, Halifax |
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| Tuesdays | 10:00am - 11:30am<br>2101 Gottingen Street, Halifax |
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| Thursdays | 6:00pm - 7:30pm<br>10th Floor, 99 Wyse Road, Dartmouth<br><b>Note:</b> Call cell to get up elevator<br>902-225-5300 |
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| Fridays | 10:00am - 11:30am<br>10th Floor, 99 Wyse Road, Dartmouth |
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## ADDICTION AND MENTAL HEALTH **O**

An open support group for those looking to share common experience during recovery from substance use and/or gambling who may also be experiencing a mental health condition. The focus of the group is on sharing common experiences, strengths, skills and strategies which have enabled people to increase health and wellness.

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| Wednesdays | 1:30pm - 2:45pm<br>7071 Bayer's Road, Halifax |
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## SHARING OUR SUCCESS **O**

An open support group that focuses on sharing strengths, skills and strategies which have enabled people to reduce harm caused by substance use and/or gambling and increase health and wellness.

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| Tuesdays | 2:30pm - 3:30pm<br>Cole Harbour Place (2nd floor)<br>51 Forest Hills Parkway, Dartmouth |
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## STRUCTURED RELAPSE PREVENTION

### STRUCTURED RELAPSE PREVENTION **C**

These 6, 8 or 12 week groups are designed for people in the early stages of making healthy changes in their substance use. Together we explore different aspects of relapse and prevention to learn and practice coping skills, develop strategies and healthy choices to manage daily triggers, and enhance appreciation of recovery of addictions. If you wish to attend or learn more please contact your individual counselor.

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| 8 weeks<br>Tuesdays | 9:30am - 11:30am (Sept 1 - Oct 20)<br>Community Wellness Centre<br>16 Dentith Road (Room 169) |
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| 10 weeks<br>Tuesdays | 1:30pm - 3:30pm (Oct 6 - Dec 8)<br>7071 Bayers Road, Halifax |
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| 12 weeks<br>Wednesdays | 9:00am - 11:00am (Oct 12 - Dec 15)<br>Cole Harbor Place (2nd floor)<br>51 Forest Hills Parkway, Dartmouth<br><b>Note:</b> No group on November 11, 2015 |
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| 8 weeks<br>Wednesdays | 4:30pm - 6:30pm (Starts Sept 9)<br>Cobequid Community Health Centre<br>40 Freer Lane, Lower Sackville |
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| 6 weeks<br>Thursdays | 9:30am - 11:30am (Nov 12 - Dec 17)<br>1673 Bedford Row, Halifax |
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### MINDFULNESS BASED RELAPSE PREVENTION **C**

These closed 8 week groups will provide an opportunity to work on self-awareness and mindfulness in conjunction with recovery. Topics include: automatic pilot and relapse, awareness of triggers and cravings, mindfulness in daily life, mindfulness in high-risk situations, acceptance and skillful action, seeing thoughts as thoughts, self-care and lifestyle balance, social support and continuing practice.

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| 8 weeks<br>Wednesdays | 9:30am - 11:30am (Sept 23 - Nov 18)<br>1673 Bedford Row, Halifax<br><b>Note:</b> No group on November 11, 2015 |
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| 8 weeks<br>Thursdays | 2:00pm - 4:00pm (Oct 22 - Dec 10)<br>10th Floor, 99 Wyse Road, Dartmouth |
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## AFFECTED OTHERS

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### AFFECTED OTHER EDUCATION PROGRAM **C**

Are you affected by a loved one's substance use or gambling? Join us for a 6-week, closed education program for family members, partners and close friends of those harmfully involved with drugs, alcohol and/or gambling. Topics include:

- Promoting positive communication and self care
- Enabling behavior and boundaries
- Developing strategies to engage loved ones
- Exploring the leisure health connection
- Pharmacology 101 – Q&A

Wednesdays 6:00pm - 8:00pm (Sept 23 - Oct 28)  
10th Floor, 99 Wyse Road, Dartmouth  
**Note:** Call cell to get up the elevator  
225-5300 if needed between 5:45pm - 6:00pm

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October 29 6:30pm - 8:00pm  
Lake and Shore Community Recreation Centre,  
40 Inspiration Drive, Porters Lake

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### EDUCATION AND SUPPORT GROUP **O**

A weekly support/education group, which includes monthly specific topic nights, for family members and friends of those who are harmfully involved with alcohol, drugs and/or gambling. Those wishing to attend or learn more please contact your individual counselor or call our Central Intake line at 902-424-8866.

Mondays 6:00pm - 7:30pm  
1673 Bedford Row, Halifax

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Thursdays 6:00pm - 7:30pm  
10th Floor, 99 Wyse Road, Dartmouth  
**Note:** Call cell to get up elevator  
902-225-5300 between 5:45pm - 6:00pm

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### Q&A: PHARMACOLOGY 101 **O**

For family members, partners and close friends of those harmfully involved with drugs, alcohol and/or gambling. Gain knowledge and understanding while having your questions answered about the properties and physiological impacts of alcohol/drugs

October 28 6:00pm - 8:00pm  
10th Floor, 99 Wyse Road, Dartmouth  
**Note:** Call cell to get up the elevator  
225-5300 if needed between 5:45pm - 6:00pm

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### NIGHT OF HOPE **O**

Is your loved one struggling with alcohol, drugs and/or gambling? Join us for a Night of Hope. his evening will offer support, education, self-care, but most of all hope. This event is only for those affected by their loved ones substance and/or gambling. Questions? Please contact Patrick Daigle (902) 424-7201

November 4 6:00pm - 8:30pm  
Mic Mac Amateur Aquatic Club (AAC)  
192 Prince Albert Road, Dartmouth

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## RECREATION THERAPY

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### CREATIVE RECOVERY **R**

Join us and explore creativity. Use the supplies provided or bring your own. A variety of options are available. Register before your first visit and then drop in any time. No Cost. No experience needed. Contact Jodie (424-5416) for more information/questions.

Thursdays 1:30pm - 3:30pm  
1673 Bedford Row, Halifax

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### LEISURE WEDNESDAYS **R**

Try out a leisure activity with a safe and supportive group. Register for one or more sessions. Group meets at 99 Wyse Rd. Transportation provided to other community locations. No cost, no experience required. For more info and/or to register, contact Beth (424-5104).

Every second 1:30pm - 3:30pm  
Wednesday

September 16 Art Workshop

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September 20 Beginner Fitness

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October 14 Fun and Games

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October 28 Cooking Class

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November 25 Beginner Computer Class

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### FALL GETAWAY **R**

Experience a variety of fall recreation opportunities in the Annapolis Valley! No cost! Departing from Bedford Row (Halifax) and Wyse Road (Dartmouth) Explore new leisure opportunities and develop leisure skills through this full day workshop. Space is limited. For more info contact: Beth (424-5104) or Jodie 424-5416.

October 16  
(Rain date Oct 23)

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### MEET UP FOR RECREATION **R**

Interested in getting out exploring community recreation with others in the evenings? Sign up and join us! No cost, no experience required. Group will meet at 1673 Bedford Row. Transportation provided to other community locations. For more info and/or to register contact Jodie (424-5416) or Beth (424-5104).

September 15 5:00pm - 11:00pm  
Neptune Theatre

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October 1 6:00pm - 8:30pm  
Curling

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November 17 6:00pm - 8:00pm  
Tour of Halifax Central Library

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## YOGA SKILL BUILDING R

Join us on Friday afternoons for a 3-week yoga skill building workshop! Learn yoga basics for the first time or reconnect with yoga in a supportive setting. No experience is necessary! No cost. Trained & experienced instruction & mats provided. Pre-registration is required. Space is limited. For more info contact: Beth (424-5104) or Jodie 424-5416

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| November<br>13, 20, 27 | 1:00pm - 4pm<br>99 Wyse Road, Dartmouth |
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## WOMEN'S LEISURE AFTERNOON R

Matrix Women's Treatment Services partner with Recreation Therapy Services to provide opportunities for women to explore recreation and leisure in a supportive women's only group. No cost, no experience required. Transportation and equipment provided. For more information and/or to register contact Jodie (424-5416) or Sarah (424-7203).

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| November 10 | 1:00pm - 4:00pm<br>Meet at 99 Wyse Road, Dartmouth |
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## STOP SMOKING

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### FREEDOM RECOVERY GROUP

An ongoing recovery support group for those people who have already participated in our Getting Started and Keeping it Going groups, but who would like additional weekly support. Registration required at 902-424-8866

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| Wednesdays | 1:30pm - 2:30pm<br>Community Wellness Center<br>(Room 169), Spryfield |
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### RECOVERY GROUP

An ongoing weekly support groups offering assistance to those wanting additional support to address their tobacco addiction.

It is recommended that people take the "Getting Started" session first. For more information please call our Central Intake line at 902-424-8866.

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| Tuesdays | 12:00pm - 1:00pm<br>Wyse Road, Dartmouth |
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| Wednesdays | 12:00pm - 1:00pm<br>Bedford Row, Halifax |
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## GETTING STARTED

This one hour session will provide you with information that will help you make informed decisions about your tobacco use and build your motivation towards positive change. Getting started is as easy as attending this session, bring a friend and no registration is required.

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| Thursdays | 10:30am - 11:30am<br>Community Wellness Center<br>(Room 169), Spryfield |
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| August 24 | 6:30pm - 7:30pm<br>Room 1613A VMB<br>Halifax Infirmary, QEII Site |
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| September 16 | 7:00pm - 8:00pm<br>Boardroom, ESM Hospital,<br>22637 Highway 7, Sheet Harbour |
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| September 28 | 6:30pm - 7:30pm<br>Room 203, East Dartmouth Community Centre<br>50 Caledonia Road |
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| October 14 | 6:30pm - 7:30pm<br>Community Room, Purdy Building<br>Nova Scotia Hospital |
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| October 15 | 12 noon<br>Boardroom, Twin Oaks Hospital, 7704<br>Highway 7, Musquodoboit Harbour |
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## KEEPING IT GOING

This group supports people in their efforts to stop smoking. NRT is provided along with information and supportive counselling. Registration required 424-8866.

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| Mondays | 6:30pm - 7:30pm (Aug 31 - Sept 21)<br>Room 1613A VMB<br>Halifax Infirmary, QEII Site |
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| Wednesdays | 5:30pm - 6:30pm (Sept 9 - Sept 30)<br>Community Wellness Center<br>(Room 169) Spryfield |
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| Mondays | 6:30pm - 7:30pm (Oct 5 - Nov 2)<br>East Dartmouth Community Centre<br>(Room 203), 50 Caledonia Road |
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| Wednesdays | 5:30pm - 6:30pm (Oct 14 - Nov 7)<br>Community Wellness Center<br>(Room 169) Spryfield |
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| Wednesday | 6:30pm - 7:30pm (Oct 21 - Nov 18)<br>Community Room, Purdy Building<br>Nova Scotia Hospital |
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| Wednesdays | 5:30pm - 6:30pm (Nov 18 - Dec 13)<br>Community Wellness Center<br>(Room 169) Spryfield |
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## MATRIX WOMEN'S SERVICES

### MATRIX WOMEN'S WELLNESS PROGRAM **C**

This closed 10 day program offers additional treatment for women in a supportive environment and provides an opportunity to explore the unique strengths and challenges for women in the recovery process. The program's goal is to assist women in their addictions recovery process by working to develop a positive relationship with themselves and others. This is facilitated by exploring issues which underlie harmful coping strategies. Group programming consists of building interpersonal skills, self-care strategies, and health leisure/recreation options. Please speak with your individual counselor to discuss program criteria and possible referral. 2 week program.

Monday - Friday 9:30am - 1:00pm  
 Session 1 September 14- September 25  
 1673 Bedford Row, Halifax

Session 2 October 26 - November 6  
 1673 Bedford Row, Halifax

### SEEKING SAFETY GROUP

An education, process/skill based group for women living with the impact of trauma and addiction. For more information/referral, please talk with your individual counselor. 8 session program.

8 weeks 5:00pm - 7:00pm (Oct 6 - Nov 24)  
 Tuesdays 1673 Bedford Row, Halifax

### INTRO TO COMPASSION FOR OURSELVES **C**

This is an intro workshop to begin to introduce the idea of self-talk, and start to identify the styles of self-talk including compassionate and harsh self-talk. This intro workshop is in partnership with Dartmouth Family Centre and will be open to both clients of Addictions Program and Community Members. Limited on-site child care is available. Please connect with your clinician for additional details.

September 22 9:30am - 11:30am  
 Dartmouth Family Centre  
 107 Albro Lake Road, Dartmouth

### MINDFUL RECOVERY GROUP **O**

Women's only recovery group which incorporates mindfulness practices into the recovery group process to provide an opportunity to discuss and reflect upon the experiences common to women in recovery in a safe and caring environment.

Mondays 2:00pm - 3:30pm  
 Community Wellness Centre  
 16 Dentith Road, Spryfield

### MATRIX WORKSHOPS **C**

Three day workshops are intended to support women in making changes in their lives. These workshops are open to any woman who is connected with Community Based Services. For more information/referral please speak with your individual counselor. Please note that in order to attend the workshop it is required to attend the first day and to attend for the full three days.

#### Healthy Boundaries

This 3 day workshop explores the impact of critical and compassionate self talk on the wellness journey. We will spend time exploring how understanding, acceptance, and compassion can help promote growth, recovery and lasting change.

October 9:30am - 1:00pm  
 13, 14, 15 1673 Bedford Row, Halifax

#### Healthy Relationships

This topic driven workshop is intended to support women in making changes in their lives. The focus of the Healthy Relationship Workshop is to understand the dynamics of healthy and unhealthy relationships including relationship with one's self, friends, family, and intimate partnerships. Further we will explore women's individual needs and potential changes in relationships to support health and wellness goals. For more information/referral please speak with your individual counselor. Three day workshop.

November 9:30am - 1:00pm  
 24, 25, 26 10th Floor, 99 Wyse Road, Dartmouth



## MINDFULNESS

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This open four or six week group is an introduction to mindfulness. The once weekly sessions will focus on calming as well as building capacity to be present in the here/now moment. Ideas that may be explored include mindfulness of sounds, breath, body, walking and other grounding practices.

Tuesdays 5:30pm (TBC)  
Hants Community Hospital, Room 2A  
**Note:** Please call 902-792-2021 for dates, time and Room #

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September 23 6:00pm - 7:00pm  
Eastern Shore Memorial Hospital,  
22637 Highway 7, Sheet Harbour  
**Note:** Please call 902-885-2611 for dates, time and Room #

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## ASSERTIVENESS TRAINING

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This is an open group. Participants will learn effective communication skills. Learning to be more assertive will improve relationships and self confidence. Registration is required at 487-0690.

Tuesdays 1:30pm - 3:00pm (Starts Sept 22)  
Community Wellness Center,  
(Room 169), Spryfield

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## DAY TREATMENT PROGRAM

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The day Treatment Program is a 2 week, Monday to Friday, intensive group therapy program. Sessions run from 9:30am - 3:30pm (with some exceptions). Material covered focuses on increasing the understanding of addictions and recovery; and strategies and skills to improve ability to cope with difficult emotions.

There is a strong emphasis on improving self care practices and developing strategies to continue recovery efforts in community. A variety of topics and skills are explored, such as managing anxiety, improving relationships, mindfulness, and relapse prevention. Please speak with your individual counselor to discuss program criteria and possible referral.

Sept 28 - Oct 9 9:30am - 3:30pm  
1673 Bedford Row, Halifax

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Nov 23 - Dec 4 9:30am - 3:30pm  
1673 Bedford Row, Halifax

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## ADDICTIONS COMMUNITY-BASED SERVICES

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### INPATIENT TREATMENT PROGRAM

Provides support to individuals who are in acute withdrawal from alcohol and other substances. This program allows clients to receive the required medical care and management of their withdrawal symptoms. Client also has benefit from the individual counseling and a wide variety of therapy groups and other programs, including recreation therapy. Clients attend this program for 14 - 21 days.

### OPIOID TREATMENT PROGRAM

When combined with other means of support, Methadone is designed to help people with a dependency on opioids (i.e. pain medications), manage withdrawal symptoms and begin and maintain a health recovery. Prior to being accepted into this program, individuals are scheduled for a detailed assessment. To learn more contact Central Intake at 902-424-8866.

### HEALTH PROMOTION

Our health promotion team works to support healthy communities by reducing the potential harms associated with alcohol, other drugs and/or gambling.

We work with community, business partners, non-profit organizations, universities and government to:

- Contribute to healthy public policy, regulations and laws
- Nurture environments that support health
- Take actions that will protect and nurture the health of communities and citizens
- Share the latest research, best practices and information in the field of health promotion

For more information contact Dan Steeves at 902-869-6123

Learn more! Visit our website at [www.gethelpstopping.ca](http://www.gethelpstopping.ca)



[www.facebook.com/addictionprevention](http://www.facebook.com/addictionprevention)