

# Addiction Services Programs and Groups

## 2008



JANUARY						
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DECEMBER						
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Making Changes
Jan 14 - Feb 1
Feb 25 - Mar 14
Apr 28 - May 16
June 9 - 27
Aug 6 - Tune Up Day for Alumni
Aug 18 - Sept 5
Oct 20 - Nov 7
Nov 24 - Dec 12
Dec 17 - Getting Ready for the Holidays
Addiction Education Program
Feb 18-20
Mar 31 - Apr 2
Sept 22 - 24
Nov 12 - 14
Introduction to Addiction
Feb 5-6
Apr 8-9
Sept 16-17
Nov 18-19
DWI Education Course
Mar 25-26 (Soldier's Mem Hosp)
May 5-6 (Chipman Building)
June 17-18 (Chipman Building)
July 29-30 (Soldier's Mem Hosp)
Sept 10-11 (Soldier's Mem Hosp)
Oct 21-22 (Soldier's Mem Hosp)
Dec 2-3 (Chipman Building)

Women's Life Enhancement
Apr 14-18
Orientation to Addiction Services
Apr 21 (9-12pm) Chipman Building
May 20 (1-4pm) Soldier's Mem Hosp
June 16(9-12pm) Chipman Build'g
July 8 (9-12pm) Chipman Building
Aug 11 (6-9pm) Soldier's Mem Hosp
Oct 4 (1-4pm) Soldier's Mem Hosp
Dec 9 (9-12pm) Chipman Building
Skills For Living Programs
To Be Announced
Gambling Unplugged
To Be Announced
Programming subject to change without notice. Please call to confirm details.

Call us in confidence: 679-2392 or 825-6828



We're here to help. No problem is too small.



## Programs we offer:

### Making Changes

Making Changes is a three week residential structured treatment program for individuals who have decided to make changes to their substance use or gambling problems, and who need more structure to succeed. **Referrals are required.**

### Introduction to Addiction: Enhancing Capacity

This 2-day interactive workshop provides a hands-on opportunity for professionals to enhance their understanding of a broad range of substance use and gambling issues including effective problem identification, prevention strategies, referral, and local resources. □

### Women's Life Enhancement

This is a program for women only. In a non-judgmental atmosphere that encourages learning, exploration and self-development, participants explore common experiences (e.g. relationships, parenting, abuse, poverty) and how these may influence their own alcohol, drug and gambling problems.

### Skills for Living Programs

2 hour education sessions on topics that matter to everyone in the family: Values, Beliefs and Ideas; Effective Communication; Families and Addictions; Relapse Prevention; Worry and Anxiety; Relationships and Social Support Networks; and Living Beyond Trauma

### Addiction Education Program

This short term program helps individuals better understand the nature of substance and gambling misuse, relapse signs and symptoms and suggests early coping strategies designed to avoid future harm. (Accommodation is available)

### DWI Education Program

This program provides assessment, education and, when needed, treatment for individuals whose license has been suspended because of a drinking and driving offence. The DWI Program is delivered in partnership with the Registry of Motor Vehicles.

### Orientation to Addiction

Orientation to Addiction Services is a 3 hour program designed to introduce participants to services and programs offered by Addiction Services. Participants are encouraged to explore their beliefs about addictions, provided with information about how addiction develops & how its development impacts families and communities.

### Gambling Unplugged

This program helps problem gamblers explore skills needed to avoid harmful behaviour and lay the foundation for a meaningful recovery plan.

## Weekly Groups

**Addiction Discussion Groups** provide a place for adults to discuss concerns about their own or someone else's drug use, alcohol use or gambling problems. The groups are professionally led and costs are covered by Medicare. No appointment is necessary. Group sessions run for about one hour.

<i>Annapolis Royal</i>	<i>Middleton</i>	<i>Berwick</i>	<i>Kentville</i>	<i>Wolfville</i>
Annapolis Comm Health Centre	Soldiers Memorial Hospital	WKM Health Centre	Group Room—AVH Chipman	EKM Community Health Centre
CHC Education Room	Addiction Services Family Room	Room 215	Mondays 2:30pm	Corner Group Room
<b>Tuesdays 6:00pm - 7:30pm</b>	Wednesdays 2:00pm	Tuesday 1:00pm	Wednesdays 10:30am	Tuesdays 10:00am

**Nicotine Addiction Treatment groups** are for individuals who are interested in quitting or cutting back on their use of tobacco. These groups run for about one hour. No appointment is necessary.

<i>Annapolis Royal</i>	<i>Middleton</i>	<i>Berwick</i>	<i>Kentville</i>	<i>Wolfville</i>
Annapolis Comm Health Centre	Soldiers Memorial Hospital	<b>WKM Health Centre</b>	Valley Regional Hospital,	EKM Community Health Centre
<b>ACHC Education Room</b>	Addiction Services Multi-purpose Room		Classrooms A&B	Corner Group Room
Mondays 12:00pm	Tuesdays 6:00 or 7:30pm	Wednesdays 9:30am	Wednesdays 6:00 or 7:30pm	Thursdays 3:30pm

**Beyond Problem Gambling:** Gambling problems are painful. If gambling is troubling your life or if you care about someone who gambles, this group is for you. No appointment is necessary. Group sessions run for about one hour.

*Kentville*  
Group Room—AVH Chipman  
Wednesdays 6:30pm

**Women's Mind and Body Wellness:** This group practices gentle exercises to help calm the mind. It is open to female clients of Mental Health and Addiction Services at no charge.

*Kentville*  
Fridays 10:30am