

Adult Day, Evening and Weekend (DEW) program description

September – December 2024

Groups are cancelled on statutory holidays.

Individuals can self-refer by:

1. Calling **1-888-587-3755** option 4 then option 0 to speak to a receptionist. A clinician will then call back to assist with determining what sessions may support desired goals.
2. Visiting during intake drop-in hours at one of our locations:
 - a. Monday, 10:00 a.m. - 1:00 p.m. – Surrey
 - b. Tuesday, 1:00 p.m. - 3:30 p.m. – New Westminster
 - c. Wednesday, 1:00 p.m. - 3:30 p.m. – Chilliwack
 - d. Thursday, 1:00 p.m. - 3:30 p.m. – New Westminster
 - e. Friday, 09:00 a.m. - 12:00 p.m. – Surrey
3. Referrals from other service providers are welcomed with the individual's consent.

Surrey	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2 nd floor, 13740 – 94A Avenue, Surrey
New Westminster	Royal Columbian Hospital - 330 E Columbia Street, New Westminster – meet the facilitator in the lobby of the Mental Health and Substance Use Wellness Centre
Chilliwack	Chilliwack General Hospital - 45600 Menholm Rd., Chilliwack, BC V2P 1P7

Closed groups

You will be with the same group of participants for the full **six weeks** for this weekly one hour and 15-minute group session. Registration is closed after the second session.

In-person Closed Groups

	Day	Time	Dates	Location
Cognitive Behavioral Therapy (CBT)	Wednesdays	9:30 AM - 10:45 AM	<ol style="list-style-type: none"> 1. September 11 – October 16, 2024 2. November 6 – December 11, 2024 	Royal Columbian Hospital - 330 E Columbia Street, New Westminster – meet the facilitator in the lobby of the Mental Health and Substance Use Wellness Centre
Understanding Substance Use	Wednesdays	11:30 AM – 12:45 PM	<ol style="list-style-type: none"> 1. September 11 – October 16, 2024 2. November 6 – December 11, 2024 	Royal Columbian Hospital - 330 E Columbia Street, New Westminster – meet the facilitator in the lobby of the Mental Health and Substance Use Wellness Centre
Reclaiming Our Lives	Wednesdays	3:00 PM – 4:30 PM	<ol style="list-style-type: none"> 1. July 24 – August 28, 2024 2. September 11 – October 16, 2024 3. November 6 – December 11, 2024 	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2 nd floor, 13740 – 94A Avenue, Surrey

Virtual Closed Groups

	Day	Time	Dates
Mindfulness Based Relapse Prevention (MBRP)	Mondays	3:00 PM – 4:15 PM	<ol style="list-style-type: none"> 1. August 12 – September 23, 2024 2. October 21 – December 2, 2024 3. December 16 – January 13, 2024

Understanding Substance Use	Tuesdays	09:30AM – 10:45 AM	<ol style="list-style-type: none"> 1. July 30 – September 3, 2024 2. September 17 – October 22, 2024 3. November 5 – December 10, 2024
Motivational Dialogue/ Wellness Recovery Action Plan (WRAP)	Thursdays	9:30 AM – 10:45 AM	<ol style="list-style-type: none"> 1. September 12 – October 17, 2024 2. November 7 – December 12, 2024
Post-Traumatic Growth (PTG)	Thursdays	11:30 AM – 12:45PM	<ol style="list-style-type: none"> 1. September 12 – October 17, 2024 2. November 7 – December 12, 2024
Cognitive Behavior Therapy (CBT)	Fridays	3:00 PM - 4:30 PM	<ol style="list-style-type: none"> 1. September 13 – October 18, 2024 2. November 8 – December 13, 2024
	Saturdays	12:00 PM – 1:15 PM	<ol style="list-style-type: none"> 1. September 14 – October 19, 2024 2. November 9 – December 14, 2024

Open groups

These groups are “open” meaning you will be joined by different participants for each session. You can sign up for as many of these one-hour workshops as you wish, and for most you will need to attend only once when it fits your schedule. These groups will be offered virtually using Zoom with limited in person options. See the last page for a description of groups.

Open In Person groups

	Day	Time	Dates	Location
Self-Management and Recovery Training (SMART)	Mondays	2:00 PM - 3:00PM	Weekly	Royal Columbian Hospital - 330 E Columbia Street, New Westminster – meet the facilitator in the lobby of the Mental Health and Substance Use Wellness Centre
	Tuesdays	10:00 AM – 11:00 AM	Weekly	
	Tuesdays	2:00 PM – 3:00 PM	Weekly	

Exploring Values and Skills	Tuesdays	1:00 PM – 2:00PM	Weekly	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2nd floor, 13740 – 94A Avenue, Surrey
Early Recovery Skills	Wednesdays	10:30 AM – 11:30 AM	Weekly	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2nd floor, 13740 – 94A Avenue, Surrey
Managing Emotions	Wednesdays	1:00 PM – 2:00 PM	Weekly	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2nd floor, 13740 – 94A Avenue, Surrey
Dialectical Behavior Therapy (DBT) Informed-Open Skills Group	Thursdays	9:30AM - 10:45 AM	Weekly	Royal Columbian Hospital - 330 E Columbia Street, New Westminster – meet the facilitator in the lobby of the Mental Health and Substance Use Wellness Centre
Flow and Relaxation	Thursdays	10:00 AM – 11:00 AM	Select Dates 1. September 5 2. September 12 3. October 3 4. October 10 5. November 7 6. December 12	Royal Columbian Hospital - 330 E Columbia Street, New Westminster – meet the facilitator in the lobby of the Mental Health and Substance Use Wellness Centre
Mental Wellness - Depression	Thursdays	1:00 PM – 2:00 PM	Weekly	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2nd floor, 13740 – 94A Avenue, Surrey
Mental Wellness - Anxiety	Fridays	12:30 PM – 1:30 PM	Weekly	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2nd floor, 13740 – 94A Avenue, Surrey
Early Recovery Skills	Saturdays	2:00 PM – 3:00 PM	Weekly	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2nd floor, 13740 – 94A Avenue, Surrey

Open Virtual groups (Weekly)

	Day	Time
Mental Wellness: Depression	Mondays	12:30 PM – 1:30 PM

Candidate Evaluation	Tuesdays	11:00 AM – 12:30 PM
Grief and Loss	Tuesdays	1:00 PM – 2:00 PM
Self-management and Recovery Training (SMART)	Wednesdays	3:00 PM – 4:00 PM
Stress Management	Wednesdays	11:00 AM – 12:00 PM
Assertiveness	Thursdays	10:00 AM – 11:30 PM
Mental Wellness: Anxiety	Thursdays	3:00 PM – 4:00 PM
Rewarding Recovery	Thursdays	3:00 PM – 4:00 PM
Dialectical Behavior Therapy (DBT) Informed- Open Skills Group	Fridays	1:30 PM - 2:45 PM
Early Recovery Skills	Fridays	1:00 PM – 2:00 PM
Money Smart	Fridays	10:00 AM – 11:00 AM
Work Life Balance	Saturdays	11:00 AM- 12:00 PM

Open Virtual groups (Bi-Weekly)

	Day	Time
Community Engagement	Mondays	12:30 PM -13:30 PM
Readiness Skills	Mondays	6:00 PM – 7:00 PM
Nurturing Self-Care for Mental Health	Mondays	11:00 AM – 12:00PM
Empowering Yourself	Mondays	2:00 PM – 3:00 PM
Reintegrating During Recovery	Tuesdays	6:00 PM – 7:00 PM

DEW Program Group descriptions

Closed groups	Description
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Cognitive Behavioral Therapy (CBT)	Learn about and apply a variety of CBT skills, like identifying and challenging unrealistic negative thoughts, in order to respond more skillfully to triggers and other internal experiences to support participants in their recovery.
Understanding Substance Use	An educational group to provide participants with an understanding of substance use and addiction from psychological, biological and social perspectives, and to provide guidance on the range of services and interventions that can support people with substance use challenges.
Mindfulness Based Relapse Prevention (MBRP)	Learn about and apply the skill of mindfulness, and how it can support your recovery. Participants will become more aware of their triggers and internal experiences and will develop the ability to respond to these more skillfully.
Motivational Dialogue/Wellness Recovery Action Plan (WRAP)	Begins with two sessions exploring and identifying values, hopes and aspirations, and setting recovery goals based on these. During the following four sessions, participants create a WRAP to support them in having a comprehensive plan for recovery.
Post Traumatic Growth (PTG)	Learning about trauma and its effects through the lens of resiliency. During the six lessons, participants first explore tools and engage in activities that promote grounding, safety and calm followed by ways to move past the pain and discover new strengths, opportunities, meaning and purpose.
Reclaiming Our Lives	The first portion of this group focuses on identifying individual patterns in thinking, feeling, behaviour and relating and participating in life. The emphasis is on bringing awareness to the more self-limiting conscious and unconscious learnings and habits that make our daily lives more challenging. The second part of the group is spent creating and reinforcing different patterns of thinking, behaving, relating and being in the world, leading to implementing new options in difficult situations and more satisfying outcomes.
Open groups	Description
Dialectical Behavior Therapy Informed-Open Skills Group	Learn and practice skills to improve emotion regulation, communicating effectively with others, managing stressful situation and improving mindfulness. This Dialectical Behavioral Therapy (DBT) informed group has a classroom style approach, emphasizing the learning and mastery of tangible skills for recovery and developing a life worth living.
Rewarding Recovery	Rewarding recovery is based on the principles of contingency management (CM), which is an evidence-based treatment that provides motivational incentives to reinforce behavior change. Clients who are seeking to change their relationship to stimulants are eligible. Group content primarily involves SMART goal setting, skill building and behavior change.
Money Smart	In this group, participants will explore their values and beliefs about money. Participants will be introduced to budgeting, will learn how to deal with impulse buying, commonly used sales tactics will be discussed, spending tips will be shared and lastly, a session on understanding debt will be covered. This group is for anyone that would benefit from learning skills to track and manage their money more wisely.
Early recovery skills – Rapid Access Group	A group to support participants in developing some key skills that could be useful at any stage of their recovery, but which are particularly useful in the early stages, regardless of what a person's recovery goals are. Can be helpful to attend while awaiting a space in the Core group program.
Reintegration During Recovery	This group will support participants with reintegrating into school, work, and community during recovery from substance use by providing resources tailored to their specific need such as life skills training, workplace accommodations, and coping skills.

Mental Wellness – Depression	These sessions each offer a foundational understanding of the symptoms, causes and potential interventions for addressing depression.
Mental Wellness: Anxiety	These sessions each offer a foundational understanding of the symptoms, causes and potential interventions for addressing anxiety.
Self-management and Recovery Training (SMART)	Learn new tools and techniques for self-directed change. This is a self-management and recovery training program as an alternate to 12-step groups.
Grief and Loss	Explore grief and loss as they relate to substance use and their associated emotions during the grieving process
Sleep Wellness	In this group, participants will gain an understanding of the role sleep plays in overall well-being. We explore common habits that may impact sleep quality, followed by the provision of practical strategies for sleep enhancement. The group also serves as a forum for knowledge exchange, encouraging members to share insights and experiences related to their sleep patterns and improvements.
Values and Skills in Workplace	This group explores aspects of oneself, such as skills and values that can help you gain clarity on what career paths, hobbies, relationships or personal goals align with who you are and what you find meaningful.
Managing Emotions	This group teaches how to manage emotions and relationships; including the ability to understand, express, and regulate one's own emotions. Participants will learn the capacity to empathize with others and build healthy connections with partners in family, workplace and personal settings.
Volunteering Resources	This session will assist participants in engaging with communities to address needs, make decisions, and implement actions regarding substance use recovery. Participants will explore volunteer opportunities, resources, and funding available in Fraser Health that support recovery efforts.
Readiness Skills	This session will discuss skills for the workplace, including the abilities and attributes that participants need to succeed in a professional environment. Topics will include job search skills and strategies, sustaining employment, and presenting oneself effectively in the workplace.
Job Skills	<p>This group will meet in a series of sessions where participants will gain general skills and knowledge about Applicant Tracking Systems (ATS), a crucial recruiting tool for employers. Participants will learn how to write a professional resume, cover letter, and how to tailor them to the job description to increase the chances of passing online screening algorithms. Sessions will cover new interview techniques, current labor market trends, and interview preparation strategies:</p> <p>Resume and Cover letter.</p>
Stress Management	Participants will learn stress management techniques in this group. Each session will focus on tools that can be used in the workplace and everyday life. Some strategies include time management, relaxation techniques, healthy lifestyle choices, and cognitive restructuring.
Assertiveness	Participants will explore how to express thoughts, needs and boundaries while respecting the rights and opinions of others. It encompasses communication skills, confidence and the ability to advocate for yourself in a professional manner.
Work Life Balance	The group will teach how to balance professional commitments and personal life. Participants will learn how to effectively manage the demands of work, family, and daily activities to achieve a sense of well-being and fulfillment.

Nurturing Self- Care for Mental Health	This group will offer multiple sessions that prioritize physical, mental, and emotional well-being while navigating the challenges of recovery. Participants will learn strategies to maintain a healthy routine, seek support, and practice mindfulness and stress reduction techniques including addressing workplace-related stressors.
Empowering yourself	Sessions focus on how to take control of one's life, make positive choices, and navigate the challenges of recovery with self-belief and resilience. Topics include setting boundaries, dealing with success and failure, cultivating a sense of self-worth, and building self-esteem to overcome challenges.
Flow and Relaxation	This is a beginner dynamic chair yoga group. Yoga poses will be practiced in standing using the chair for balance, seated in chair, and seated on the ground. The focus will be on linking your breath with slow movement, alignment, body awareness, and focusing the mind. Please come to the group in comfortable, loose clothing that allows you to move easily. Please remove your shoes when on your yoga mat. Socks are optional. There is no need to bring any yoga supplies, but if you want to bring your own yoga mat feel free to do so. Please bring a water bottle.