Adult Community Substance Use Groups

This program is designed to be a six-month experience, allowing members to benefit from structured support within that time frame. At the end of this period, we will support you in transitioning to other resources or next steps in your journey. We also offer groups that you can attend on a continuous basis to maintain progress. These are included in our Ongoing Support section and there is no time limit to these groups.

Open groups mean that new clients will be introduced to the group each week. You can sign up for as many of these as you wish and attend when it fits your schedule. We ask that you attend at least once a month. Closed groups have a set schedule and following the second session no new participants can join.

Click here to find **DEW Intake Drop-in Availability**.

Click here to find **DEW Group Descriptions**.

Phone: 604.585.5610 Fax: 604.585.5625

Regional Group Schedules - * *Please note that clients can attend Groups in Any Location*

- Fraser North includes Burnaby, New Westminster, Port Moody, Coquitlam, Pitt Meadows, Maple Ridge
- Fraser South includes Surrey, Delta, White Rock, Langley
- Fraser East includes Mission, Abbotsford, Chilliwack, Hope, Fraser Canyon
- Virtual, Online via Microsoft Teams
- Ongoing Support, provides an ongoing source of connection to recovery and can be attended longer than 6 months

Fraser North In-Person Groups

Includes Burnaby, New Westminster, Port Moody, Coquitlam, Pitt Meadows and Maple Ridge

Group	City	Day	Time	Dates	Address
Contingency Management Open Group (for clients using stimulants as drug of choice)	**New Westminster**	**Mondays**	10:00 AM – 11:00 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*
Early Recovery Skills (ERS) Open Group	**Maple Ridge**	**Mondays**	3:00 PM – 4:00 PM	Weekly	Alouette Addictions Services 22838 Lougheed Hwy #106, Maple Ridge
	Burnaby	**Wednesdays**	1:30 PM – 2:45 PM	Weekly	Burnaby Mental Health and Substance Use, #100 4940 Canada Way, Burnaby
Dialectical Behavior Therapy (DBT) for Substance Use Closed Group, 12 Weeks	**Maple Ridge**	**Wednesdays**	09:00 AM – 10:30 AM	• September 16 – December 16, 2026	Alouette Addictions Services 22838 Lougheed Hwy #106, Maple Ridge
	New Westminster	**Thursdays**	1:30 PM – 3:00 PM	• November 19 – February 4, 2027	New Westminster Mental Health Centre 2nd Floor - 403 6th St, New Westminster
Cognitive Behavior Therapy (CBT) for Substance Use	**New Westminster**	**Wednesdays**	10:30 AM – 12:00 PM	• September 16 – December 2, 2026	Fraserside Community Services 519 Seventh Street, 2nd Floor

Group	City	Day	Time	Dates	Address
Closed Group, 10 Weeks					
Mental Wellness – Depression and Anxiety Open Group	**New Westminster**	**Fridays**	1:30 PM – 3:00 PM	Weekly	New Westminster Mental Health Centre 2nd Floor - 403 6th St, New Westminster

Fraser South In-Person Groups

Includes Surrey, Delta, White Rock and Langley

Group	City	Day	Time	Dates	Location
Dialectical Behavior Therapy (DBT) for Substance Use Closed Group, 12 Weeks	**Langley**	**Mondays**	2:00 PM – 3:30 PM	• October 5 – December 28, 2026	Langley Mental Health and Substance Use Centre 30-20300 Fraser Highway, Langley, BC
	Surrey	**Fridays**	12:30 PM – 2:00 PM	• October 2 – December 18, 2026	Shirley Dean Pavilion (1st floor - 9634 King George Boulevard, Surrey, BC V3T 0G7
ADHD Substance Use Support Group Closed Group, **8 Weeks**	**White Rock**	**Tuesdays**	1:00 PM – 2:15 PM	• February 2027	Sources 882 Maple Street, White Rock, BC
Basic Skills Group Open Group	**Surrey**	**Fridays**	1:30 PM – 2:30 PM	Weekly	2nd Floor – Creekside Withdrawal Management Centre 13740 94a Ave, Surrey V3V 1N1
Contingency Management Open Group (for clients using stimulants as drug of choice)	**Surrey**	**Thursdays**	2:00 PM – 3:00 PM	Weekly	Creekside Withdrawal Management Centre, 2nd Floor, 13740 94a Avenue, Surrey
Early Recovery Skills (ERS)	**Surrey**	**Wednesdays**	2:00 PM – 3:30 PM	Weekly	Surrey Mental Health Centre 13401 108 Ave, Surrey, 11th Floor

Open Group					
Substance Use and Mood Management (SUMM) Open Group	**Langley**	**Thursdays**	1:15 PM – 3:00 PM	Weekly No Sessions on: November 19, December 24 and 31, 2026	Langley Community Services Society (LCSS) Welcome Centre, 6470 201 Street #100, Langley

Fraser East In-Person Groups

Includes Mission, Abbotsford, Chilliwack, Hope and Fraser Canyon

Group	City	Day	Time	Dates	Location
Dialectical Behavior Therapy (DBT) for Substance Use Closed Group, 12 Weeks	**Abbotsford**	**Mondays**	10:00 AM – 11:30 AM	• January 4, 2027 – April 5, 2027	Abbotsford Mental Health 32700 George Ferguson Way, Abbotsford BC V2T 4V6
Roots of Life Open Group	**Chilliwack**	**Mondays**	10:30 AM – 11:30 AM	Weekly	Chilliwack Mental Health 45470 Menholm Road, Chilliwack
Early Recovery Skills (ERS) Open Group	**Hope**	**Wednesdays**	10:00 AM – 11:00 AM	Weekly	Fraser Canyon Hospital – Room 120, 1275 7th Ave, Hope
	Mission	**Thursdays**	10:45 AM – 11:45 AM	Weekly	Mission Mental Health, Hatzic Room 7298 Hurd St 3rd Floor, Mission
Gentle Movement and Relaxation Open Group	**Abbotsford**	**Thursdays**	12:00 PM – 1:00 PM	Weekly	ASAA Hall located at 2631 Cyril Street, Abbotsford
Roots of Life Open Group	**Mission**	**Thursdays**	1:00 PM – 2:00 PM	Weekly	Mission Mental Health 7298 Hurd St, 3rd Floor, Mission

Group	City	Day	Time	Dates	Location
Contingency Management Open Group (for clients using stimulants as drug of choice)	**Abbotsford**	**Fridays**	10:00 AM – 11:00 AM	Weekly	Rapid Access to Addictions Clinic - 240-31935 South Fraser Way Abbotsford, B.C.V2T 5N7

Virtual Groups

Virtual Group	Day	Time	Dates
Mental Wellness – Depression Open Group	**Mondays**	11:30 AM –12:45 PM	Weekly except statutory holidays
Women's Mindfulness Based Relapse Prevention *(inclusive of cis and trans women, Two-Spirit, and non-binary people)* Closed Group, 8 Weeks	**Mondays**	12:00 PM – 1:30 PM	• November 16, 2026 – January 11, 2027
Gender Affirming Wellness Group Closed Group, 8 Weeks	**Mondays**	12:30 PM – 2:00 PM	• January 18, 2027 – March 15, 2026
Mindfulness-based Relapse Prevention Closed Group, 8 Weeks	**Mondays**	6:00 PM – 7:15 PM	• December 14, 2026 – February 1, 2027 *Runs on statutory holidays

Virtual Group	Day	Time	Dates
Women's Post-Traumatic Growth *(inclusive of cis and trans women, Two-Spirit and non-binary people)* Closed Group, 6 Weeks	**Tuesdays**	11:00 AM – 12:15 PM	• January 5, 2026 – February 9, 2027
Dialectical Behavior Therapy (DBT) for Substance Use Closed Group, 12 Weeks	**Tuesdays**	1:30 PM – 3:00 PM	• September 8 – November 24, 2026
	Saturday	11:00 AM – 12:30 PM	• December 12 – February 27, 2026
Grief and Loss Open Group	**Tuesdays**	12:45 PM – 1:45 PM	Weekly except statutory holidays
Understanding Substance Use Open	**Tuesdays**	10:00 AM – 11:15 AM	Weekly
		6:00 PM – 7:15 PM	Weekly *Runs on statutory holidays
Sleep Hygiene Open	**Wednesdays**	10:00 AM – 11:15 AM	Weekly

Virtual Group	Day	Time	Dates
Self-Compassion: Just as I am Closed Group, 6 Weeks	**Wednesdays**	2:30 PM – 3:30 PM	January 2027
Recovery Through Leisure Closed Group, 6 Weeks	**Wednesdays**	2:30 PM – 3:45 PM	• November 16 – December 23, 2026
Cognitive Behavior Therapy (CBT) for Substance Use Closed Group • **Wednesdays – 6 Weeks** • **Fridays – 10 Weeks**	**Wednesdays**	6:00 PM – 7:30 PM	• December 16, 2026 – January 20, 2027 *Runs on statutory holidays
	Fridays	10:00 AM – 11:15 AM	• September 25 – November 27, 2026
Mental Wellness – Anxiety Open Group	**Thursdays**	3:00 PM – 4:00 PM	Weekly except statutory holidays
	Fridays	10:00 AM – 11:00 AM	Weekly except statutory holidays
Early Recovery Skills Open G**roup**	**Fridays**	1:00 PM – 2:00 PM	Weekly except statutory holidays
	Sundays	5:00 PM – 6:00 PM	Weekly except statutory holidays

Virtual Group	Day	Time	Dates
Parenting Through Recovery Open Group	**Fridays**	11:00 AM – 12:15 PM	Weekly except statutory holidays
Virtual Painting Open Group	**Fridays**	1:00 PM – 3:00 PM	Weekly except statutory holidays

Ongoing Support

Group	City	Day	Time	Dates	Location
Indigenous Self-Management and Recovery Training (SMART)	**Abbotsford**	**Mondays**	10:00 AM – 11:00 AM	Weekly	The Junction - 32463 Simon Ave, Abbotsford BC V2T 5E3
Self-Management and Recovery Training (SMART)	**Surrey**	**Mondays**	1:30 PM – 2:30 PM	Weekly	2nd Floor, Creekside Withdrawal Management Centre 13740 94a Avenue, Surrey, BC
	New Westminster	**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	
	Surrey	**Tuesdays**	11:30 AM – 12:30 PM	Weekly	Shirley Dean Pavilion (1st floor - 9634 King George Boulevard, Surrey, BC V3T 0G7
	Abbotsford	**Thursdays**	10:30 AM – 11:30 AM	Weekly	ASAA Hall 2631 Cyril Street, Abbotsford
	Virtual	**Thursdays**	3:00 PM – 4:00 PM	Weekly	Virtual
Self-Management and Recovery Training (SMART) for Women *(inclusive of cis and trans women, Two-Spirit and non-binary people)*	**Virtual**	**Wednesdays**	11:00 AM – 12:00 PM	Weekly	Virtual
DEW Alumni Group	**Virtual**	**Wednesdays**	12:00 PM – 1:00 PM	Weekly	Virtual
2STNB Social Group	**Virtual**	**Thursdays**	11:00 AM – 12:00 PM	Weekly	Virtual
Punjabi Self-Management and	**Abbotsford**	**Fridays**	11:00 AM – 12:00 PM	Weekly	Abbotsford Mental Health 32700 George Ferguson Way, Abbotsford BC V2T 4V6

Recovery Training (SMART)					

DEW Group Descriptions

Group	Description
2STNB Social Group	This group is for anyone 19+ who identifies as questioning, Two-Spirit, Transgender, or Non-Binary. This group is designed to be a safe and inclusive space for folks to hang out, chat, build connections, get support in navigating resources, access gender-affirming garments and items, and utilize peer support or counselling services.
ADHD Substance Use Support Group	A supportive, judgment-free space to connect, share experiences and learn practical strategies for living with ADHD and substance misuse.
Basic Skills Group	This is a supportive group focused on helping individuals in early recovery develop practical skills to manage triggers, cravings, emotions, and substance use. Participants learn coping strategies and tools to support recovery and reduce the risk of relapse.
Cognitive Behavioral Therapy (CBT)	Learn about and apply a variety of CBT skills, like identifying and challenging unrealistic negative thoughts, to respond more skillfully to triggers and other internal experiences to support participants in their recovery.
Contingency Management	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 involves SMART goal setting, skill building and behavior change.
DEW Alumni Group	The Alumni group is a virtual group which creates a space for ongoing connection to the DEW recovery community. The group is centred around providing space to share current circumstances and challenges, review strategies to help maintain recovery goals, and identify new goals that may continue improve life in recovery.
Dialectical Behavior Therapy for Substance Use	DBT focuses on developing skills to change unhelpful thoughts and behaviors. Individuals learn skills in four areas: mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness.
Early Recovery Skills	A group to support participants in developing some key skills that are particularly useful in the early stages, regardless of what a person's recovery goals are.
Gender Affirming Wellness Group	This group is for anyone 19+ who identifies as Two-Spirit, Trans, Non-Binary (2STNB), questioning or otherwise not cisgender. The group uses a narrative therapy approach to collectively explore the 2STNB experience and to empower 2STNB individuals to develop new insights on navigating discrimination, internalized stigma, gender dysphoria, and other shared challenges, while seeking gender affirmation.
Gentle Movement and Relaxation	A weekly space for easy, gentle movement and relaxation exercises to support wellness and recovery. Yoga-inspired exercises and stretches will be practiced in standing, seated in a chair, and seated on the ground. Participants will build confidence and body awareness, explore healthy routines, and connect with others in a calm and supportive space. Resources for home and community-based activity are provided to help participants stay active beyond the group. Please

Group	Description
	wear comfortable, loose clothing that allows you to move easily and bring a water bottle. Yoga mats and supplies are provided, but you are welcome to bring your own.
Grief and Loss	Explore grief and loss as they relate to substance use and their associated emotions during the grieving process.
Indigenous Grief and Loss	Together, we will explore topics specific to the Indigenous experience and share coping skills rooted in tradition and community, facilitated by community clinicians. This safe space invites you to connect, reflect, and find strength in collective healing.
Mental Wellness: Anxiety	These sessions each offer a foundational understanding of the symptoms, causes and potential interventions for addressing anxiety.
Mental Wellness – Depression	These sessions each offer a foundational understanding of the symptoms, causes and potential interventions for addressing depression.
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.
Parenting Through Recovery	A supportive, non-judgemental group for parents navigating substance use recovery to build skills, connection, and confidence. Topics include understanding substance use and recovery, reducing shame and guilt, parenting in recovery, and relapse prevention and long-term maintenance.
Post Traumatic Growth	This group will help participants navigate personal challenges and transform them into opportunities for growth and resilience. There will be psychoeducation and will discuss treatment options. Participants will have the chance to connect, heal, and grow alongside others who have had similar experiences.
Recovery Through Leisure	Recovery Through Leisure is a six-session group where we explore what leisure is and how it helps in recovery. We'll talk about the benefits of leisure, how to plan and set goals for your free time, how to overcome challenges, and how discover resources in your community. Through discussions and intentional activities, you'll learn how leisure can improve your quality of life and support your recovery.
Roots of Life	The Roots of Life group explores the complex connections between substance use and mental health. In this engaging and supportive environment, individuals are invited to examine how these two areas influence one another, enhancing their understanding of their impact on overall well-being. Through insightful discussions and shared experiences, participants will uncover the underlying dynamics that link mental health challenges with substance use.
Roots of Life: Through a cultural lens	With an Indigenous and 2SLGBTQIA+ applied lens, the Roots of Life group explores the complex connections between substance use and mental health. In this engaging and supportive environment, individuals are invited to examine how these two areas influence one another, enhancing their understanding of their impact on overall well-being. Through insightful discussions and shared experiences, participants will uncover the underlying dynamics that link mental health challenges with substance use.

Group	Description
Self-Compassion: Just as I am	This group focuses on building self-compassion and learning how to be kinder to yourself in recovery. We'll explore ways to manage self-criticism, handle difficult emotions, and build a stronger sense of self-worth through simple activities, journalling, and discussion.
Self-Management and Recovery Training (SMART)	Learn new tools and techniques for self-directed change. This is a self-management and recovery training program is an alternative to 12-step groups.
Sleep Hygiene	This group explores the connection between daytime activities and nighttime sleep by increasing awareness of how occupations, circadian rhythms, environmental factors, and sensory influences impact sleep quality. Participants will also examine how fatigue, depression, and motivation affect sleep patterns and overall well-being.
Social Connections	Social Connections is a group designed to support individuals in recovery in strengthening their relationships with themselves and others. The group explores loneliness, self-connection, boundaries, communication, values, and community, while offering practical tools and reflective activities to help participants build healthy, meaningful, and sustainable connections that support long term recovery and well-being.
Substance Use & Mood Management Group	The SUMM group is an in-person group intended for individuals with substance use and mental health concerns. This group is co-facilitated and is a partnership between Substance Use Services and Langley Mental Health.
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.
Virtual Painting	Led by an art instructor to support self-expression, stress reduction, and building confidence. The group encourages connection, routine, and focus, supporting personal growth and well-being through art. Participants must provide their own supplies (list provided upon registration). Please note this program is open to clients connected with any mental health & substance use services through Fraser Health. No art experience needed – all levels welcome!

DEW Intake Drop-In Availability

Location	Day	Time	Address
Abbotsford	**Mondays**	12:00 PM – 3:00 PM	Abbotsford Junction 102-32463 Simon Ave, Abbotsford
Chilliwack	**Wednesdays**	1:00 PM – 3:30 PM	Chilliwack Mental Health 45470 Menholm Road, Chilliwack
Hope	**Wednesdays**	1:00 PM – 3:00 PM	Hope Mental Health and Substance Use Centre 1275A 7th Avenue, Hope
Mission	**Tuesdays**	1:00 PM – 3:00 PM	Mission Mental Health 7298 Hurd St, 3rd Floor, Mission
New Westminster	**Tuesdays**	1:00 PM – 3:30 PM	Mental Health and Substance Use Wellness Centre 201 Keary Street, New Westminster
	Thursdays	1:00 PM – 3:30 PM	
Surrey	**Mondays**	10:00 AM – 1:00 PM	Shirley Dean Pavilion 9634 King George Boulevard, Surrey
	Fridays	09:00 AM – 12:00 PM	