

MUTUAL HELP GROUPS

	Target Population	Group Content	Dates
Alcoholic's Anonymous (AA)	<ul style="list-style-type: none"> • Ages 16+ • a desire to stop drinking alcohol • open to the public 	<ul style="list-style-type: none"> • AA members share their recovery experience with anyone seeking help with a drinking problem, and give individual services or "sponsorship" to the alcoholics coming to AA. • 12 steps to recovery, 12 traditions, and serenity prayer • Speaker Meeting 	<p>Keep It Simple Meeting Mondays at 6:30pm</p> <p>Saturday Night Live Meeting Saturdays at 6:30pm</p> <p><i>Room: Group Room</i> <i>Facilitators: AA members</i></p>
Narcotic's Anonymous (NA)	<ul style="list-style-type: none"> • Ages 16+ • a desire to stop using drugs and/or alcohol • open to the public 	<ul style="list-style-type: none"> • Provides a recovery process and peer support network. • Members share their successes and challenges in overcoming active addiction and living drug-free, productive lives through the application of the principles contained within the Twelve Steps and Twelve Traditions • 12 step basic text discussion meetings 	<p>Get Honest or Die Meeting Fridays at 8:00pm</p> <p>Get Honest or Die Meeting Sundays at 7:30pm</p> <p><i>Room: Group Room</i> <i>Facilitators: NA members</i></p>
Introduction to Narcotics Anonymous	<ul style="list-style-type: none"> • Ages 16+ • a desire to stop using drugs and/or alcohol • exclusively for current residents 	<ul style="list-style-type: none"> • A focus on the first 3 steps of the Narcotic's Anonymous 12 Step Program 	<p>Wednesdays at 6:45pm</p> <p><i>Room: Group Room</i> <i>Facilitators: NA members</i></p>

PET THERAPY

	Target Population	Group Content	Dates
Pet Therapy	<ul style="list-style-type: none"> • Ages 16+ • exclusively for current residents 	<ul style="list-style-type: none"> • Interact with and pet Oscar (golden retriever) • Proven to help improve mental and physical health 	<p>Alternating Tuesdays and Thursdays (once weekly) at 2pm</p> <p><i>Room: Living Room/foyer</i> <i>Facilitator: JohnT</i></p>

COPING SKILLS GROUP THERAPY

	Target Population	Group Content	Dates
Relapse Prevention Group (RPG)	<ul style="list-style-type: none"> • Ages 16+ • a desire to stop using drugs and/or alcohol • open to the public 	<ul style="list-style-type: none"> • What am I doing today to stay clean and sober? • Focus on living in the solution, not living in the problem 	<p>Tuesdays and Thursdays 11am – 12pm</p> <p><i>Room: Group Room</i> <i>Facilitators: AA/NA members</i></p>
Recreation & Leisure Group	<ul style="list-style-type: none"> • Ages 16+ • exclusively for current residents 	<ul style="list-style-type: none"> • play board games, cards or engage in art therapy • addresses boredom, reduces stress, and incorporates leisure activities into your recovery plan 	<p>Mondays and Wednesdays during student placements at 2pm</p> <p><i>Room: Group Room</i> <i>Facilitators: students</i></p>
Coping Skills Group	<ul style="list-style-type: none"> • Ages 16+ • exclusively for current residents 	<p>Topics vary each week:</p> <ul style="list-style-type: none"> • Addiction and the Family • Guilt and Shame • Defense Mechanisms • Feelings and Emotional Needs • Warning Signs of Relapse • Anger 	<p>Wednesdays at 11am</p> <p><i>Room: Group Room</i> <i>Facilitators: John V</i></p>
Journaling Group	<ul style="list-style-type: none"> • Ages 16+ • exclusively for current residents 	<ul style="list-style-type: none"> • Journaling can help reduce anxiety, and help make important connections between thoughts, feelings and your behaviour • gratitude journal, goal-focused journal, a diary of past events, reflection journal, or organize lists to help reduce anxiety 	<p>Tuesdays at 6:45 pm</p> <p><i>Room: Group Room</i> <i>Facilitators: Fiona from KHSC Volunteer Services</i></p>
Board & Card Games Group	<ul style="list-style-type: none"> • Ages 16+ • exclusively for current residents 	<ul style="list-style-type: none"> • play board games, or cards • addresses boredom, reduces stress, and incorporates leisure activities into your recovery plan 	<p>Fridays at 11am</p> <p><i>Room: Group Room</i> <i>Facilitators: Michelle from KHSC Volunteer Services</i></p>
Art Therapy	<ul style="list-style-type: none"> • Ages 16+ • exclusively for current residents 	<ul style="list-style-type: none"> • Self-expression with acrylic paints • gratitude cards • inspirational paintings • Colouring/drawing 	<p>Thursdays at 2:45 pm</p> <p><i>Room: Group Room</i> <i>Facilitators: Yvonne from KHSC Volunteer Services</i></p>